

# The Villager



The Villager XLIII No. VII



WINTER FESTIVAL OF LIGHTS EDITION

November/December 2019

## Condo Development in Highland Creek

By: Annoj Thavalingam

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Highland Creek is no ordinary neighbourhood. It unites traditional suburb with the relics of an older village-based community, all within the confines of the largest city in Canada. Among the many types of establishments we have in our space, one that doesn't come to mind is high-rise residences.

Altree Developments, an enterprise specializing in real estate development, has purchased a parcel of land at the southwest corner of Military Trail and Old Kingston. The land is currently unused, save for a region occupied by an auto repair garage. The construction of twin mid-rise condominiums is being proposed, with 577 parking spaces across three levels of underground parking, and 620 residential units.

Within walking distance to the University of Toronto Scarborough, these units should have no trouble selling. However, questions are raised regarding the condos' impact upon traffic, the natural environ-



Proposed structure at 1625 Military Trail, image courtesy of submission to the City of Toronto.

ment, the effect long-term on the valley below and neighbourhood ambience.

This particular development is the consolidation of neighbouring properties at 1625 Military Trail and 6000 Kingston Rd. The developers carried out predictions of how motor vehicle traffic levels would look in 2024 following construction of the buildings. They forecast a mild increase in traffic levels and interestingly, the intersection of Morrish and Old Kingston was not expected to be significantly impacted, even during peak hours.

The City of Toronto has previously published guidelines for development in Highland Creek. Among these, a major objective for the Village is the "consolidation of lands ... to facilitate more comprehensive developments on larger parcels." Along these lines, a set of urban design guidelines from the City recommends that developments in Highland Creek should range between 2-6 storeys in height. Altree has challenged this, submitting amendment proposals to the City on October 17, 2019 to allow for eight-storey twin mid-rises.

**continued on page 4**

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## The Villager News

The Villager newspaper is published by the Highland Creek Community Association. Volunteers from the local community gather, edit, write, design and distribute the Villager five times a year. Distribution is concentrated in Highland Creek with free delivery to 5 200 households and businesses.

We are reviewing our ad structure for 2020. You can review our current advertising details on the HCCA website [www.myhighlandcreek.org](http://www.myhighlandcreek.org). We accept your advertisement in PDF, TIF, EPS, JPG formats with around 200 dpi resolution.

\*For inquiries or to place an ad with The Villager contact our Advertising Coordinator, Elma Todkill 416.284.2013 or email any questions to [highlandcreekvillager@gmail.com](mailto:highlandcreekvillager@gmail.com). The Villager News Highland Creek Community Association (HCCA) 371 Old Kingston Road, Box 97501 Highland Creek M1C 4Z1

### SUBMISSION DEADLINES

Issue	Deadline for submission	Delivered
# 3 Spring Edition	FEBRUARY 28	March
# 4 Heritage Festival Edition	APRIL 30	May
# 5 Summer in the Creek Edition	JUNE 30	July

Ads may be purchased by single edition or yearly (5). Payment may be made in cash or by cheque or email transfer.

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Big Thank you to members of the Highland Creek community for invaluable submissions. Your stories, poetry, events, and news are of continued interest to the Highland Creek community. Thank you to the writers: Vienna Bombardieri, Principal May Halabi and Gr. 7/8 student contributors from Highland Creek Public School, David Adamson, Dolf DeJong, Annoj Thavalingam, Debbie Maunders, Myrna Cox, Dr. Karm Hans, Michèle Ois, Anu Sris-kandarajah, Joy Loewen, Deborah Hahn.

### Letters to the Editor?

Email: [highlandcreekvillager@gmail.com](mailto:highlandcreekvillager@gmail.com)

### Want to stay in the loop on local events, news, and happenings?

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## David Adamson, President Highland Community Association



The winter weather is upon us much sooner than expected. It is amazing as one gets older the faster time passes while youngsters can't wait until it does. By the time this Villager newsletter is delivered, the children will have gone out trick-or-treating on October 31st, Halloween Day. As well, we will know the results from our Federal Election and the direction our elected officials will take Canada over the next number of years.

### Highland Creek Community Association

At our last meeting held on October 2, 2019, Toronto City Staff were present to discuss and provide updates pertaining to multi-tenant housing. Proposed amendments were outlined that included licensing requirements and increased penalties for those who do not adhere to the bylaws. This matter is still under review that requires City Council approval. It is expected that approval will be received by early 2020.

Concerns have been expressed by residents with regards to street parking. We have been advised that this falls under the jurisdiction of the Toronto Police Parking Enforcement and they can be reached at (416) 808-6600 to discuss any concerns.

The annual Tree Lighting will take place on Friday, November 29, 2019 at 7 p.m. in the Highland Creek Wesleyan Cemetery located in the Village. Hot chocolate and cider will be provided and Mr. and Mrs. Claus will be present once again. In the event the reindeer require a rest, the local Fire Department may arrange to bring Mr. and Mrs. Claus in one of their trucks. There will not be a Villager newsletter for January/February 2020 but will resume for the March/April issue. The HCCA Annual meeting will be held at the Scarborough Campus University of Toronto in April 2020. More details will be provided in the next Villager.

### Highland Creek Heritage Festival

The Festival's annual meeting was held on September 18, 2019 and a new slate of Directors elected. Congratulations! I would like to express my heartfelt thanks to Lora Tomasino for her kind words and acknowledgement to me in the September/October issue of the Villager. The Festival meeting held on October 15, 2019 was well attended. Newly elected

Chair Michelle DeClute did a terrific job and along with fellow Directors Joy Loewen and Billy Yarn. The committee is fortunate to have Karen Greenham return as Secretary and Dave Atlas as Treasurer. Next year's Festival, the 35th anniversary, will be held on June 20, 2020 again at the Highland Creek Community Park. We learned a lot from holding our first Festival at this location last year and certainly plan on building on this experience. The committee would be interested in input from residents, who are indeed welcome to attend any future meetings.

Many enquiries have been received as to whether another Gala Dinner/Dance will be held. Because of the interest and success of the event, the answer is a definite YES. The Highland Creek dinner/dance/fundraiser committee leaders, Joy Loewen, David Atlas, Billy Yarn and Maria Boccardi are preparing. The annual event is scheduled for April 25th, 2020. As you may be aware, this particular event was in part a fund raiser for the Tony Stacey Centre for Veterans Care and we took great pleasure in donating a cheque in the amount of \$3,000. The Centre will again be a recipient of a donation next year.

### Poppy Campaign

The Royal Canadian Legion Poppy Campaign begins on the last Friday of October each year and ends on Remembrance Day, November 11th. If you value your freedom, please thank a veteran. If you wish to show your support, wear a poppy. Remember, you do not buy a poppy but rather make whatever donation you wish to make.

In conclusion, I along with our Board members of the HCCA wish to extend the very best to everyone for a happy and safe upcoming Holiday Season.

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

*David Adamson, President*

Highland Creek Community Association

## From the editor



Dear readers, welcome to another edition of The Villager! We have a healthy assortment of pieces for you to read over, from recaps of events around our community to messages from our elected representatives. I'd like to draw your attention in particular to a subject of pressing importance, which are plans to build mid-rise condominiums at the southern tip of Military Trail. As residents of this beautiful community, we are entitled to be informed of these new developments.

This is the second edition of the Villager that I've spearheaded as Editor of this paper. Having resided in Highland Creek for almost two decades now, I couldn't have found a better way of giving back to the community. Putting the paper together is hard work and plenty of fun, and I'd like to especially thank fellow volunteers Lora Tomasino and Elma Todkill for their dedication and keen interest in bringing our local news to your table.

Even though the cold weather is now settling down for good, we are not short of events or celebrations in the community. Come join us at the Village on Friday, November 29th 2019 for the Festival of Lights, an evening filled with holiday cheer, carolling and a friendly visit from Mr. and Mrs. Claus. I, for one, will be sure to bring my Christmas list with me. Don't forget yours.

*Annoj Thavalingam, Editor  
The Villager*



## Volunteer + Bonus Hour of Exercise!

The Villager is in search of volunteer distributors for this issue of the paper. If you are interested in helping spread community news to your neighbours, please contact Mr. Blair Anderson at [longsam1943@sympatico.ca](mailto:longsam1943@sympatico.ca)

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## Highland Creek Library Celebrates 25 Years at its Ellesmere Rd Location!

By Debbie Maunders

Highland Creek Library has been active for over 100 years now! The history of the branch started in 1890, when the Highland Creek Mechanics Institute was incorporated on January 28th. The Library opened in Elliot's Hall (Old Kingston Road near Military Trail), and in 1895, the Highland Creek Mechanics Institute became Highland Creek Public Library.

In 1930, Elliot's Hall was demolished and the library was relocated to a rent-free hall above a store (built 1861) at Old Kingston Road and Morrish Road. Gladys Cole became the librarian. In 1947, a government inspector ordered the library to be moved to more suitable premises, otherwise. Gladys Cole relocated the home on Old until a new built in 1954 Hall at 22 In 1955, Library the first three newly formed Board of the Scarborough. Later, in 1964, it was relocated to a leased storefront at 277-279 Old Kingston Road, where it resided until a new building was built in 1994 at its current location, 3550 Ellesmere Rd.

To commemorate the history of the library, and to celebrate the



Debbie Maunders and Dawn Monroe celebrating the library's silver anniversary.

anniversary of its present building, the staff held an open house on September 20 to allow customers and past staff to come and share stories of the branch, and learn its history and enjoy some refreshments and cake!

One such past staff member was Dawn Monroe, who had worked with the late Gladys Cole in the late '50s and early '60s. She was passing by the library and had decided to stop in! She shared some wonderful stories and history of the branch in its early days.

Highland Creek Library offers many programs and services for all ages, which can be found on our website: [www.tpl.ca/highlandcreek](http://www.tpl.ca/highlandcreek).

### Business Corner

## Spread the Love at the Joy of Harvest

By Annoj Thavalingam

Selling jams, spices, sauces and chutneys for the past twenty years, Zonia and Calvin Slyfield have newly established a kitchen at 271 Old Kingston Rd. They have made their business known through various fairs and festivals, travelling as far as Belleville, Gravenhurst and Fort Erie to sell their products. Locally, you may have sighted Zonia at the Highland Creek Heritage Festival or the Autumn Festival in the Valley.

The idea behind the business first hatched at Zonia's former workplace, where she would bring her homemade jams to share with her co-workers. One of her co-workers suggested that she take them to market (literally), and so was born the Joy of Harvest. The business's first excursion was at the Markham Farmers' Market, where the three flavours on display were guava, orange marmalade and pineapple + ginger. As Calvin puts it "The important thing is knowing your market. You've got to know where to sell [your products]". Today, the business boasts as many as 20 varieties of flavours, many of which are imbued with a "tropical twist". Although the business operates by travelling to widespread community fairs, Zonia



Zonia Slyfield with homemade spreads and sauces at the Autumn Festival in the Valley.

has found herself a strong customer base. "They come back to bless their hearts," Zonia remarked. Indeed, partway during our chat, a harried mother dropped by to pick up mango jam for her young daughter, a picky eater who absolutely loves this particular jam. I myself have tried their Naseberry and Guava jams and found them to be very sweet and wholesome. They have now topped Nutella as my go-to spread.

While the kitchen does not primarily serves as a store, if you're lucky enough to catch Zonia or Calvin in the kitchen, they would be happy to introduce you to their selection of homemade spreads and sauces.

### Condo development continued from page 1

The location of the development, in close proximity to the ravine, makes for a scenic view for its residents. However, shadows produced by the building risk harming the same vegetation and organisms that beautify and support this natural environment. Planning documents for the site state that a 10 metre buffer has been applied between the back of the property and the top of the bank. Although development is generally not permitted in such proximity to a natural heritage system, the application is put forth hinging on the understanding that natural heritage values will be recognized and adverse environmental impacts limited by the developers.

It is difficult to predict how this new infrastructure will affect the dynamic of Highland Creek. Small businesses in the area will likely benefit from a larger customer base. New links will be forged between residents of older and newer times. The Village however may also become a miniature college town, with rapid turnover of residents and insecure community cohesion.

With the local university campus expanding to accommodate its ever-growing student population, Highland Creek is becoming a focal point for real estate development in the years ahead. How it will alter the community for better or worse, time will tell.

## Pumpkins, Hot Chocolate and a Friendly Barbecue with Mike Jahshan



By Annoj Thavalingam

Piping hot chocolate, a pickup truck piled high with pumpkins and a fine gentleman flipping burgers over a barbecue. This scene no longer exists, but it did on the afternoon of Sunday October 20th. Just outside of the RE/MAX building at 6074 Kingston Road, real estate agent Mike Jahshan welcomed the community to a cheery and surprisingly warm outdoor barbecue. Those in attendance found themselves with plenty to eat and plenty more by way of conversation. Kids enjoyed themselves at the Arts and Crafts table and snacked on pre-Halloween chocolate from Councillor Jennifer McKelvie's booth.

Conversations ranged between the rise of parking tickets, the merit of ketogenic diets, and the bloom of rooming houses in our



Mike Jahshan and his family hosting the community barbecue. From left to right: Georgina, Isabella, Mike and Micaela Jahshan. Mike Jahshan manages the barbecue alongside Councillor Jennifer McKelvie's tent. The carving contest winning pumpkin, carved by Arya Gariba.

community.

Over the past two years, Mike had been delivering pumpkins door-to-door to residents in his area. While the pumpkins were quite handy for carving come Halloween, Mike felt the need for more face-to-face interac-

tions with his neighbours. Hence the organizing of this barbecue, something I hope Mike will carry on next year as well.

I hope Mike hopes to carry on for next year as well. To give an edge to the event, everyone was welcome to take a pumpkin home with them, with a contest set for a later date to carve the spookiest of them all. Above is the winning pumpkin, carved by Arya Gariba.



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## MPP Vijay Thanigasalam

# Messages from MPP Vijay Thanigasalam

Dear Highland Creek Community,

I hope everyone has had a wonderful month. This past month has been very busy with a multitude of events and announcements in Scarborough–Rouge Park. Below I have highlighted a few of note.

### Tree Planting

One of the highlights of October was the Tree Planting Event I hosted, along with Friends of the Rouge Watershed, at Rouge Trail Park. Minister Raymond Cho, PA Andrea Khanjin and many dedicated volunteers joined us for an afternoon of planting trees. I am extremely proud and grateful for the hard work put in by each individual who joined me at this event. I look forward to working with community organisations like Friends of the Rouge Watershed, to take meaningful actions to protect and sustain our environment.



### Just Like a Girl: Hooman and Pups Run

I was excited to take part in the first annual “Hooman and Pups Run” held by the non-profit organization, “Just like a Girl.” Founder Olivia Dey, has been a tremendous advocate for girls. This marathon raised funds for Just like a Girl’s efforts to support a healthy lifestyle and sports for girls. Participants in this event not only

ran for a meaningful cause, but they were also able to run the marathon alongside their dogs!

### Thanksgiving

In October, I attended the Thanksgiving Feast by Muslim Welfare Canada. This event was part of Muslim Welfare Canada’s weekly lunch service called “Malvern Eats.” The staff and volunteers involved in Malvern

Eats show compassion and dedication by helping over 150 guests weekly. I also attended the Scarborough Seventh-Day Adventist Church’s Thanksgiving Dinner. Many churchgoers and residents of Scarborough–Rouge Park, joined me. I enjoyed delicious food alongside many wonderful constituents. I hope everyone had a wonderful Thanksgiving with family and friends!

### Scarborough Hospital Investment

I joined Minister of Health, Christine Elliot, and MPP Christina Mitras at the Scarborough Health Network Birchmount

Hospital to announce a Capital Planning Grant investment. The Hospital will be receiving a planning grant of \$500k to redevelop their emergency room. This is great news for Scarborough Hospital services and the many patients who visit.

### Shamrock Burgers

Shamrock Burgers was founded in 1970 by Mr. Danny Maleganeas and as a result of his passion for quality and service this family owned and operated business has grown and prospered for over 40 years. I presented them a certificate for their many years of service to the Scarborough–Rouge Park community. They have some of the best burgers in town, so if you are looking for a bite to eat, this local establishment will satisfy all your burger needs!

I look forward to working with each one of you to ensure our community continues to grow and prosper. My staff and I are always here to help. We can be contacted at 416-283-8448 or vijay.thanigasalamco@pc.ola.org and the Constituency Office is located at 8130 Sheppard Ave. East unit 105. Please call ahead to set up an appointment with me. I look forward to meeting you.

Sincerely,

*Vijay Thanigasalam, MPP  
Scarborough–Rouge Park*



**VIJAY THANIGASALAM**  
MPP, Scarborough–Rouge Park

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## HOW WE CAN HELP YOU

Please contact my office at (416) 283-8448 or vijay.thanigasalamco@pc.ola.org

if you need help with any provincial matters such as:

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ODSP/Ontario Works	416-397-1000	WSIB	416-344-1000

## Councillor Jennifer McKelvie

# Community Updates from Councillor Jennifer McKelvie

Dear Neighbours,

It has been a busy few months at Toronto City Hall. Our office has been busy both advocating for our residents and attending community events, and we are grateful for all the feedback we've been receiving.

In September, the City organized a community consultation regarding the proposed automated shuttle bus coming to West Rouge in 2020. This session had over 40 residents present, and our online survey has over 350 responses. Although the survey is now closed, you can still be part of the conversation by providing feedback directly to my office, or learning more about the project at [www.toronto.ca/avshuttle](http://www.toronto.ca/avshuttle).

### C40 Cities - The Future We Want

As a recovering Scientist, my happiest day as a politician was October 3rd when Toronto city council joined Paris, London, Los Angeles, Montreal, Vancouver and others in declaring a climate emergency. This advances our greenhouse gas reduction targets to net-zero by 2050. From October 9 to 12, I joined Mayor Tory and leaders from more than 90 cities at the C40 Cities Conference, where we discussed bold climate action. Representing more than 700 million citizens and one quarter of the global economy, mayors and municipal leaders of



Councillor McKelvie supporting local vendors at the University of Toronto's Autumn Festival, September 29

C40 cities are committed to delivering on the most ambitious goals of the Paris Agreement at the local level. Fittingly the conference was called “The Future We Want” and the meeting was held in Copenhagen, a city with an ambitious goal of net zero by 2025 - and it looks like they are going to make it.

In Toronto, we've reduced our emissions by 44% over 1990 levels, ahead of our target

of 30% by 2020. This month, the City of Toronto under the leadership of Mayor John Tory, has launched the Green Will Initiative, a partnership between the City and major institutional and commercial landowners representing 300 million square feet of space to work together on reducing their carbon footprints. Ten partners have already signed on, including the City of Toronto, Toronto Community Housing, TDSB, TCSB, University Health Network, Ryerson University, University of Toronto, as well as three commercial owners Brookfield, Cadillac Fairview and Oxford. This is an important opportunity for the City's biggest landholders to show leadership and demonstrate what's possible to businesses and residents. I will continue to find ways to accelerate adoption of green technologies and accelerate our path to net zero.

### Update on Transit in Toronto

As many of you know, the provincial government and the City have come to a tentative agreement on the future of transit investment. The province has committed to fully fund the 3-stop Scarborough subway and the Ontario Line; a 15 station, 15.5km rapid transit line for the downtown core. This commitment frees up funds for other transit projects and priorities. I believe that a portion of those freed-up funds should be spent building the Eglinton East LRT (EELRT).

I will be advocating relentlessly in the coming weeks and months to ensure that Scarborough gets momentum on building a comprehensive transit network that finally integrates us into the rest of the City. Your open and consistent support in getting Scarborough our fair share of transit funds, both vocal and written, would be warmly welcomed and greatly appreciated.

### Let's stay in touch

I sincerely hope that you have a wonderful holiday season, spent with good cheer among family and friends and I look forward to seeing you out in the community! As always, our office can be reached at (416) 338-3771. To keep up to date with local news, please sign up for our e-newsletter at [www.jennifermckelvie.ca](http://www.jennifermckelvie.ca), and follow me on Facebook, Instagram & Twitter via my handle, @McKelvieWard25.



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## toronto ZOO New Night Walk Experience!



By Dolf DeJong  
CEO, Toronto Zoo

The past couple of months have been busy on-site preparing for the opening of the NEW Lumina Night Walk Experience in December! Various sections of the Zoo have been under construction as we lay the groundwork for the required equipment and fiber optics – thank you for bear-ing with us during this exciting time!

The Zoo is thrilled to have recently announced the name and story concept of the Lumina Night Walk coming this winter -

Terra Lumina: An Enchanted Night Walk Into A Bright Future. Terra Lumina takes visitors on a journey through a luminous vision of our planet's future. Passing through a portal, travelers will be transported to a fantastical vision of the year 2099, a time when humans have learned to live in harmony with nature, protecting our planet and the wildlife that calls it home.


Created specifically for the Toronto Zoo, Terra Lumina creates positive moments of connection. Vibrant lighting, multimedia effects, animated projections, inspiring storytelling, and an original score conjure an immersive future world that shares a message of hope for a brighter tomorrow. The name Terra Lumina

reflects a different way of seeing the Earth — through an optimistic lens that imagines a brighter future for all those who call it home.

The symbol of Terra Lumina draws together the narrative threads of the experience to illustrate its storytelling arc and themes. It features the twilight portal people pass through to access the adventure, and what they will find there — the metaphorical seeds of change, the wisdom of future wildlife — and two stylized markings that express the change of perspective that happens during their passage through this enchanted world.


Be sure to follow Terra Lumina on Facebook, Twitter and Instagram @TerraLuminaTO to learn more about the experience and when tickets become available!

Don't forget the Zoo is open year-round with lots of exciting things to see and do and with over five indoor tropical pavilions. We have a full calendar of events and programming, including limited-time traveling exhibition The Great War In Colour: A New Look at Canada's First World War Efforts 1914-1918, Toronto Zoo's 34th Annual Remembrance Day Ceremony, Paint Nite at the Zoo (19+ Event), and Carnivore Enrichment Feedings. Plus, we have great learning and engagement programming for the whole family, so be sure to check out [torontozoo.com](http://torontozoo.com) for details.



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## Girls' Night Out - A Big Hit



By Myrna Cox

Yes, the Girls' Night Out (formerly known as Diva Night) in the parish hall of the lively St. Dunstan of Canterbury Anglican Church on Lawson Rd. was a sellout again this year.

About 150 happy, and sometimes raucous, ladies enjoyed the evening of activities

offered by the hard working Girls' Night Out committee of St. Dunstan. The night was highlighted with a great dinner prepared by Chef Rosie and her staff, and served by a bevy of handsome male waiters. The event included a free gift, a glass of sparkling, refreshments, a floor show, entertainment, live and silent auctions, and door prizes.

Entertainment was provided by the very talented and lovely Cara Chisholm. She charmed the ladies with her songs and had them dancing in the aisles.

A planned raid by the "St. Dunstan Cops," was a little scary at first, but when the music started and they began their dancing, these entertainers had the ladies on their feet.

All of this was in support of the church as well as research for the treatment of cardiovascular disease. In this regard, Dr. Holly Jones-Taggart from Ontario Tech University provided a very informative update on the activities and successes of her team.

This marks the 12th time this very successful, charitable event has taken place. The hard-working committee members deserve all the accolades given to them, and they are now resting up for the next "Girls Night Out" celebration. Seeing the many happy faces of all the ladies who attended, plus the knowledge that they have given their support for two very worthy causes is so gratifying for all the volunteers.



Top left to right: Cara Chisholm livening the party with her fantastic voice. Friends gathered to enjoy a delicious dinner.

Middle: The Girls Night Out Committee responsible for organizing the event. From left to right: Myrna, Norma, Diane, Paulene, Don, Rosie, Heather, Maggie, Elaine, Marlene, Faith, Kay & Gail.

Bottom: The St. Dunstan cops from left to right: Adrian, Terry, Colville, Brian & Jeff.



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MP Gary Anandasangaree

## Thank You, Scarborough – Rouge Park



Just last month, the people of Scarborough-Rouge Park re-elected me to represent them in Ottawa with a remarkable majority of 62.2% of the vote. This fantastic result would not have been possible without the help and support of all the people around me. I want to thank all my friends and family for their consistent words

of encouragement and unwavering support. Each and every volunteer that sacrificed their evenings and weekends to knock on doors or make calls - you ultimately played a role in our overwhelming success.

Most of all, I want to thank each and every person that came out during advanced polls

and on election day to exercise their democratic rights and responsibilities.

However, this is just the beginning.

The resounding support at the ballot box reaffirms that our plan is working. Our government will continue to take robust and meaningful climate action while growing the economy, and address the need for affordable housing and accessible transit across our riding.

What I have learned over the past four years interacting with residents, both indirectly and directly, in churches, mosques, temples and at hundreds of community events is that in order to make our lives better we must continue to work cooperatively with one another and ensure that all voices are heard and represented.

I pledge to continue to be your voice in Ottawa, to help build a community, and a country, based on the core Canadian principles of diversity, equality, inclusion and human rights.

To the residents of Scarborough-Rouge Park, my team and I will continue to work hard to address any federal issues and concerns you have. Addressing these concerns has been, and will continue to be, our top priority. If you wish to contact me, you may do so by calling 416 283 1414, or email at [gary.anand@parl.gc.ca](mailto:gary.anand@parl.gc.ca).

With your help, we can realize our vision of Scarborough-Rouge Park to ensure that all residents have a safe and affordable place to call home.

**GARY ANANDASANGAREE**  
Member of Parliament  
Scarborough-Rouge Park

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Health and Wellness Series by Dr. Karm Hans ND

## Eczema - The Naturopathic Approach

Eczema is one of the most common skin conditions seen in clinical practice. One interesting point is that, in many cases, patients with eczema will also have symptoms of allergies or asthma, making this a condition that can affect many systems of the body. Overall, eczema is an autoimmune condition. Our body has a fantastic immune system; it is constantly looking for foreign agents (e.g. viruses and bacteria). Once it identifies a virus or bacteria, an immune reaction is initiated and this is associated with symptoms of feeling 'under the weather'. After a period of time the immune system does its job and things return to normal. With autoimmune conditions, the body has an overactive immune system. It starts to identify your body's own cells as being foreign. This triggers an immune reaction unnecessarily leading to symptoms such as eczema.

The exact cause of why autoimmune reactions happen is unknown, and as a result treatment can be difficult. The most common intervention for eczema is treatment with a steroid cream. This can be an extremely effective treatment as it basically tells the body's immune system to turn itself off. For short-term use steroid creams can be very helpful but over the long term patients find that creams can become ineffective. Also, there are many harmful side effects of long-term use of steroids. Studies have also shown a correlation between steroid cream use in an infant and the development of asthma later in life.

Naturopathic Medicine looks at the body as a whole. What this means is that the symptoms or concerns a patient comes in with are discussed in great detail, but then the rest of the body systems are also discussed (e.g. energy, stress, digestion, sleep, etc). This allows me to assess the most likely root cause of the symptoms for that particular patient. In my 11 years of practice I have found that there are a few typical root causes of eczema:

1. Food sensitivities - Sensitivities are different from allergies in the sense that the reaction to a food can happen immediately but it can also happen 3-5 days after you consume that food. This can make it very tricky to identify which foods you may have a sensitivity towards.
2. Toxin overload - Our bodies are meant to be able to break down and eliminate any toxins we are exposed to in the air and in our food. Unfortunately, we are exposed to a lot of toxins and over time our body systems may become overwhelmed and not work as well as they should. It can be important to optimize our body's detoxification pathways.
3. Gut dysbiosis - We have good and bad bacteria inside and outside of our body. It is not about having one or the other; it is about having the correct balance between good and bad. There are many factors that can cause our good bacteria to be depleted and bad bacteria

to overgrow. This imbalance will have a negative effect on our immune system.

4. Stress - We all have stress in our lives. I find the biggest factors of why stress impacts our health is hugely connected to not having the tools to cope with the stress we have. Our mental/emotional health often gets forgotten. There is also still a stigma associated with dealing with our mental/emotional health. If we looked at going to a counsellor the same way we look at going for an annual physical, we would be far better at coping with stress.

Eczema is a symptom that can be treated through a natural approach. By investigating the root cause of the symptoms there is an opportunity for the body to truly heal. Treatment options include diet, botanicals, salves, supplements, etc. Every treatment is individualized to the patient and their symptoms. If you are interested in learning more, please do not hesitate to connect with me.

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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](mailto:karm@karmhans.com) or 647.497.8338. For more information go to [equilibriahc.com](http://equilibriahc.com) and [karmhans.com](http://karmhans.com).





## A Message from Highland Creek Public School.”

On September 3rd, 2019, the staff and students of Highland Creek Public School excitedly started another school year after a long, beautiful summer. The students quickly settled into classroom routines with some new friends and their new teachers. In a short time, the staff and students have achieved a lot and we will share great things happening at our school.

The first day of school is exciting for everyone, and especially for our new Junior Kindergarten students. A few of the Junior Kindergarten students had some words they wanted to say about their new school. T.M.B. said, “The fun thing about this school is we make posters. I also like writing and reading poems too.” A.M. said, “Painting and playing with my friends is fun.” A Senior Kindergarten, A.V. said, “When we went to the Community Park, we played on the slides and it was exciting.” They have adjusted very well to their new environment.

On September 18th, 2019, our classrooms were decorated with wonderful artwork and classwork for our curriculum night. We were proud to share everything we had already accomplished in our new grades. In the grade 7/8 classroom, we shared our mixed media portraits, which included a six-word

memoir about ourselves. A.K.’s memoir read “Laughing at myself for making mistakes,” and for M.A.S. it read “Swimmer, singer, student, working to succeed.” It was a great night for the community and we appreciated that the School Council sold pizza and drinks before the classroom visits.

In the band room, the students in Grades 5-6 have enjoyed starting to learn a new instrument while the Grades 7-8 students quickly remembered how to play theirs. With the addition of Extended French and increased number of junior students at our school, Mr. O’Connor worked hard to ensure everyone had something to play. Everyone enjoys music! Interviewing students in the music room, S.S. said, “Band is enjoyable and fun!” and H.B. remarked, “I like band because I love listening to music.” J.M., a grade 8 student, shared, “It’s a great experience when you learn lots of new music in band.”

Only a few weeks of school had passed and we already started to have fun, as well as support important causes such as the Terry Fox walk. Students participated in the Marathon of Hope on the 26th of September. The older students walked with and supported the younger students, and in the end everyone was rewarded with an icy treat and the sat-

isfaction of helping raise money for cancer research. Each student wrote on a sticker who they were walking for. Some wrote Terry Fox while others wrote the names of people in their lives who have been affected by cancer.

Lego League is a club where Grade 4 students build missions and develop teamwork skills. They build amazing robots, cranes and bridges using Lego pieces. Then, they compete with Lego League teams from other schools. This year’s theme is City Shaper. Their focus is to have a better city in the future which is accessible to everyone. Mrs. Shojaei said that they will compete with different schools on December 7th, 2019. They will also be judged on how they apply the core values, including how they treat each other and other teams. There are ten grade 4 students in the league. “They have been working hard at lunchtime to prepare themselves and their robot for the league,” said Mrs. Shojaei.

With so much going on, it is hard to believe that we still have time for our studies! We enjoy all of the activities at Highland Creek and look forward to more opportunities to learn and have fun this year!

*Written BY: M.A.S & A.K., Gr: 7/8 Students*

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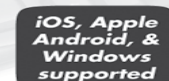
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## Highland Creek Public School

## Highland Creek Principal’s Message



We are so proud of our students for demonstrating leadership in numerous ways. Our published reporters on the previous page have done an amazing job in highlighting exciting events that took place at Highland Creek Public School. It is evident that even though we are early in the school year, our building has been buzzing with activities.

Research indicates that your interest and involvement in your child’s learning and education is the key to his or her success in school. As a parent you are your child’s number one role model, and your participation in school life is essential as it helps bridge the home-school connection. We invite you to join our active School Council by attending our regularly scheduled meetings. More information can be found at the school.

At Highland Creek P.S., safety matters.

We would like to remind drivers to do their part to keep students safe near school busses. Remember to always stop and never pass a school bus when its red lights are flashing. Always leave space around school buses and avoid blocking school bus loading zones so children can enter and exit safely. Be prepared to stop for a school bus at any time, not just during school hours. Always obey the rules of the road and watch for children, especially in school zones. Stop for pedestrians at crosswalks and school crossings. Together we can keep children safe.

We are all keen on making the 2019-2020 academic year at Highland Creek a safe and welcoming one. Our staff continuously works hard to provide excellence in teaching and learning. Our caretaking staff also ensures our school is a safe and fully functional facility.

We look forward to working together to make this school year a successful one!

*May Halabi, Principal*

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## Annual Craft & Gift Sale for that Perfect Gift

By Michèle Ois

The West Hill-Highland Creek Lions Club is celebrating its 75th Charter Anniversary in November. Since its beginning, the Club has been an important contributor to this community, from donating the lands now occupied by Heron Park Recreation Centre and the adjacent Public Library, to supporting local youth organizations and food bank, awarding yearly bursaries to four local high schools and creating the Lions Garden on Kingston Road and Fairwood Crescent, just to name a few.

One of our major fundraising events is our Annual Craft & Gift Sale to be held on December 7th from 10 a.m to 3 p.m at the Heron Park Recreation Centre, where we expect up to 50 vendors offering a wide variety of unique items. We are looking forward to seeing many of our neighbours there.

We welcome new members willing to assist us in our continued efforts for the betterment of our community. Please visit us at [www.lionsclub.ca](http://www.lionsclub.ca) for more information.

**Saturday, December 7th,**  
10:00am – 3:00pm  
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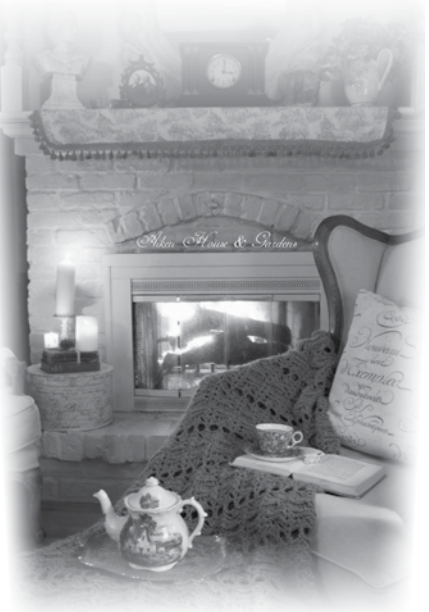
Bel Canto Singers Holiday Concerts:

Tidings of Comfort and Joy

Date: Saturday, December 7, 2019  
Location: Scarborough Bluffs United Church, 3739 Kingston Road, Scarborough, ON  
Times: 2:30 p.m. and 7:30 p.m.  
Admission: Tickets are \$20 for adults and \$5 for children under 12 (Cash only at door). Advance purchases by credit card can be made on Eventbrite. (A link to the ticket purchase site can be found on our website [www.belcantosingers.ca](http://www.belcantosingers.ca))

Bel Canto Singers is an auditioned four-part community choir with singers of various ages. Under the guidance of our accomplished director, Leanne Piller, members enjoy the challenges and rewards of a varied repertoire of music. Bel Canto Singers meet every Tuesday evening at Scarborough Bluffs United Church, 3739 Kingston Road, Scarborough where we have opportunities to develop musically, build lasting friendships, and enjoy the benefits that singing together brings. Our holiday concerts, “Tidings

of Comfort and Joy”, will include a wonderfully festive selection of traditional, classical and popular holiday music. The concerts will take place on Saturday, December 7, 2019 at 2:30 p.m. and again at 7:30 pm at Scarborough Bluffs United Church. Further concert details may be obtained at [www.belcantosingers.ca](http://www.belcantosingers.ca). Those who wish to do so are invited to bring a non-perishable food item for the local food bank. Please join us!



TDSB solves period poverty problem with free products



By Trustee Anu Sriskandarajah

**Proud to announce we at the Toronto District School Board have voted to provide free menstrual products to all students (free of cost to the Board).** ‘Period poverty’ is the motivating factor behind the Toronto District School Board’s new policy of providing free menstrual products to students in elementary and secondary schools. The initiative is in partnership with the charitable organization, Physical and Health Education Canada, which will be providing the products at no

charge to the TDSB. Period poverty refers to barriers faced by menstruating girls and women who are unable to access or afford feminine hygiene products. The adoption of this policy sends the message to all students that TDSB trustees are unanimous in supporting the health and well-being of TDSB students. Similar initiatives are also being explored at the provincial level, in hopes of getting all school boards in the province to adopt a similar policy. The issue of readily available menstrual products in schools should not only be viewed as an issue of economic access. Rather, it is also very much about helping remove the stigma surrounding periods. The Toronto District School Board is currently working on the details of how to implement the initiative, but the plan is to provide the products this fall starting with students in Grades 7-12.

Wordsearch

‘Tis The Season

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Reporter Wanted!

The Villager is looking for an intrepid reporter to join our News team! The reporter would attend events in the Highland Creek community and write pieces/take photos of local happenings. This is a volunteer position which requires no experience whatsoever. You may express your interest by e-mail at [highlandcreekvillager@gmail.com](mailto:highlandcreekvillager@gmail.com).

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## 43rd Division Update



.By Joy Loewen

On Thursday evening, November 14th, I attended a public meeting

with the 43rd Division. I found the meeting very interesting and below is a list of updates. The meetings are open to the public, for anyone wanting to attend. The meetings are held every 2 months, with the next meeting taking place on January 9th, 2020 at 6:30 pm. If there is anything that the community would like me to bring forward, please let me know.

### Break and Enters:

Down 4% over last year. Majority of these

are homes with commercial areas, followed closely by apartments. Small business owners – do not keep cash in your establishment overnight

The best defense is to watch your neighbourhood and report any suspicious activity. If you see someone trying to open car doors or someone other than your neighbour trying to enter their house, immediately call 911. If you see suspicious behaviour, call the 416 808-2222 number and report it. This is a great opportunity to get to know your neighbours!

**Robberies:** Distraction methods are used; similar numbers to last year

**Auto theft:** It's that time of year where we tend to start our cars and have them idle. Ensure you keep your car locked when the car is running and you're not in it.

Robbers now have technology that allows them to reroute and boost your car fob signal if the car fob is

too close to the front door. Police recommend keeping your key fobs away from the door, but did not provide actual distances.

**Assault:** Sexual assault is down 14% year-over-year. Assaults are up by 8%

**Phone Scams:** CRA scams are a big one and there is increased frequency. They are duplicating real phone numbers so the call may look legitimate but please remember that these agencies will NEVER ask for information or money over the phone.

Speeding is an issue. They committed to stepping up enforcement on Ellesmere, which hopefully will spill into feeder streets such as Watson, where we know we have a speeding issue.

The statistics in 43 Division are similar to those in 41 and 42 division.

## Festival of Lights

Clay oil lamps hanging lights and firework displays  
we gather round the house to celebrate with family  
Colored rice, dried petals and Rangoli sweet designs  
we chase away the darkness with fire cracker pops  
and bring in all the good, with Diya lamps of clay  
Diwali a festival of light in sweet October time ;

Hanukkah, also known as the Jewish festival of lights  
a commemoration of the second temple rebuilt  
Eight Chanukah candles during eight days of prayer  
this holiday celebrates a triumph of faith and courage  
over military might. Another beautiful dedication,  
light not one but eight, and rekindle your Faith .

Written by: Vienna Bombardieri  
November 2019

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## Miller Lash House Hosts Family Fun Fair



From left to right: Vendors, Horse Drawn Carriage, Watson Street Band

Scarborough Farmers' Market participated as well with a booth selling pumpkins and other fall favourites.

The festival included very popular attractions for children of all ages, such as a petting zoo, horse-drawn wagon rides through the valley, face painting, a bouncy castle and a special festival photo booth. Also, Princess Belle and Spiderman were on hand to greet the children and have their picture taken with them.

Guests were entertained throughout the day with music provided by local musicians and these included the vocal stylings of Linda Dempster accompanied by her cousin, The Watson Street Band and the Mosaic Band, all from the Highland Creek area.

The Festival would not have been possible without the tremendous support from our wonderful sponsors and they are as follows:

**Platinum sponsors** - Lost Craft Brewery and the Event Rental Group.

**Gold Sponsors** - Ampot Portable Toilets, Chair Décor Linens and the Academic Print Shop, UTSC.

**Silver sponsor** - The Bluffs Monitor Newspaper.

**Bronze sponsors** - Boneyard Events, Alex LaSalles Petting Pals, enVille Event Design & Catering, Presidential Gourmet Catering, In the Spirit Yoga, Q Ideas, Photo Booth TO, Mascots & More and Party Kids.

The organizing committee extends a heartfelt thank you to all of these companies who came together to help create a fall day full of fun and enjoyment for the whole family.

Most of all, the success of this event is due to all the friends and neighbours who came to join in all the fun with us, and we thank you very much for your participation.

### More UTSC/Miller Lash Events:

**FREE ADMISSION**

**Fall Flourish**  
MUSIC CONCERT  
SAT. NOV. 30, 2019  
7:00-9:00 PM  
AC223, Academic Resource Centre  
University of Toronto Scarborough  
1265 Military Trail, Scarborough, Ontario

Featuring the UTSC  
String Orchestra, Concert Choir and Concert Band

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**Celebrate the Holidays at**  
**Miller Lash House**  
**HOLIDAY FARE**

Wednesday December 4 & Thursday December 5  
Join us for a Holiday lunch; Turkey, stuffing and all the extravagance that the ambiance of the House offers! Tickets for purchase at millerlashhouse.ca

**CHRISTMAS IN THE VALLEY**  
Saturday December 7 | 10am - 4pm  
30+ Vendors, carollers, music, roasted chestnuts and more!

Miller Lash House | 130 Old Kingston Rd | millerlashhouse.ca



# Upcoming Events



**November 23rd Holly Berry Bazaar**  
Home-Baked Goods, Craft Tables & Jewelry, Books, DVDs, Gently Used Tools, China & Crystal Table, Lucky Draws Community Craft Vendors.  
9am to 2pm St. Dunstan of Canterbury 56 Lawson Road  
Phone number 416-283-1844



**November 29th Winter Festival of Lights** Friday November 29th 6:30pm to 8pm  
Welcome warm spirit of the season together! Santa & Mrs. Claus ride in on a red fire truck, ready for photos with the young ones! Frolicking Frosty the Snowman is ready for photos, too! Enjoy the seasonal songs of St. Dunstan's Carollers.



**November 30th Fall Flourish Music Concert** Featuring the UTSC String Orchestra, Concert Choir and Concert Band. 7pm – 9pm. Free Admission. Location: AC223 Academic Resource Centre. University of Toronto Scarborough Campus. 1265 Military Trail, Scarborough On



**December 4th & 5th The Holiday Fare** Historic Miller Lash House invites you to 'The Holiday Fare' Luncheon  
Wednesday, December 4th 12pm and Thursday December 5th 12pm. 130 Old Kingston Rd. Toronto  
RSVP [www.millerlashhouse.ca](http://www.millerlashhouse.ca)



**December 7th Christmas in The Valley** Not your average Christmas show!! All uniquely handmade items by local vendors and UTSC students  
10am to 4pm 130 Old Kingston Rd.  
Toronto [www.millerlashhouse.ca](http://www.millerlashhouse.ca)



**December 7th Lions Club Craft & Gift Sale** Crafters and artists will offer a wide variety of unique items including home decor, seasonal items, fashion accessories, jams and jewellery, just to name a few. Something for everybody! 10:00am to 3:00pm  
Heron Park Community Centre. For more info [sale@lionsclub.ca](mailto:sale@lionsclub.ca)



**December 8th Annual Community Carol Sing!** A mix of traditional Christmas Carols and fun Holiday Songs, some readings, a Choir anthem or two and Fr. Richard's annual conducting of the Twelve Days of Christmas. Join in the fun - wear your ugly Christmas sweater, or Hoodie. 416.284 1844. 7:30pm - St. Dunstan's Church. Presented with the Centennial Community Association



**I Love Highland Creek! SAVE THE DATE: April 25th 2020**  
Annual Highland Creek Dinner/Dance Fundraiser is set for April 25, 2020. Tickets will be available February 2020. Dine and Dance the night away to great live music, enjoy live and silent auctions. [www.hchf.ca](http://www.hchf.ca) [www.myhighlandcreek.org](http://www.myhighlandcreek.org).



**CWL Christmas Bazaar at St. Joseph's, November 16th, Highland Creek Village**



Clockwise from left:  
Connie & Mary Joy & Patricia  
Maureen & Eileen  
Doris, Mena & Valerie

