

The Villager



The Villager XLIII No. VI



HARVEST EDITION

September/October 2019

Member of Parliament “All Candidates Debate”
7pm October 10th RCL Branch 258
See page 10 for information on each of the candidates asking
for your vote in the upcoming Federal Elections



“BIG THANK YOU” Volunteer gardeners spent countless hours beautifying and maintaining Highland Creek neighbourhood shared spaces! Left to right: Elma, Marilyn, Blair, Susan, John with lots of encouragement from Piper!



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The Villager newspaper is published by the Highland Creek Community Association. Volunteers from the local community gather, edit, write, design and distribute the Villager 5 times a year.

Distribution is concentrated in Highland Creek with free delivery to 5 200 households and businesses.

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Full Page – back page	N/A	\$525	N/A	\$2 205
Full Page – centre page	N/A	\$495	N/A	\$2 080
Full Page – other page	\$300	\$450	\$1 250	\$1 880
Half Page 6.5" x 9"	\$150	\$225	\$625	\$ 940
Quarter Page – 4.5" x 6.5"	\$ 80	\$120	\$335	\$510
Eighth Page – 3" x 4.5"	\$ 40	\$ 60	\$ 165	\$ 250

SUBMISSION DEADLINES

Issue	Deadline for submission	Delivered
# 1 Harvest Edition	AUGUST 30	September
# 2 Winter Festival of Lights Edition	OCTOBER 30	November
# 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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Neil Jaikaran
Chris Goethel
Eric Guangyu Lin
Lydia Lampers-Wallner
Sujeev Ruban

Our Elected Officials

MP Gary Anandasangaree
Scarborough-Rouge Park

MPP Vijay Thanigasalam
Scarborough-Rouge Park

Councillor Jennifer McKelvie
Ward 25 (Scarborough-Rouge Park)

TDSB Trustee Anu Sriskandarajah
Ward 22 (Scarborough-Rouge Park)

TCDSB Trustee Anu Sriskandarajah
Ward 22 Scarborough

PLEASE NOTE

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

David Adamson, President Highland Community Association



With the departure of the Toronto Exhibition (CNE) followed by students returning to school, fall is now fast approaching. As an important reminder for vehicle

drivers, please be extra careful of youngsters walking the streets, especially around school areas.

As you may be aware, hearings are taking place regarding Airbnb as well as short term housing rentals as it pertains to Toronto. The HCCA will maintain contact with Councillor Jennifer McKelvie in this regard, and once these hearings are concluded we will be in a better position to advise of the results and the impact it will have in the Highland Creek area.

Through the fundraising efforts of the Gala Dinner/Dance Event held on May 25, 2019 at the Miller Lash House and the Heritage Festival on June 15, 2019 at the Highland Creek Community Park, the HCCA takes great pride in donating a cheque in the amount of \$3,000.00 to The Tony Stacey Centre for Veterans Care. On August 21, 2019 an outdoor BBQ was held at the Centre for the residents and staff, and the weather could not have been better. Volunteers assisted in the BBQ and in serving the residents. Inside, entertainment was provided along with a fundraising bake sale. Executive Director, Melissa Elliott was on hand along with Board members Shady Mikhail and David Adamson. Our local MPP, Vijay Thanigasalam also dropped by to pay a visit and greet residents.

By now, many of you may have heard that the Legion, Branch 258 located at 45 Lawson Road was sold on May 30, 2019. The branch is still open for business and all visitors are welcomed to visit and participate in the various activities that are available. In the meantime, under the direction of the Board of Trustees a new location is being investigated.

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

David Adamson, President
Highland Creek Community Association

... the Highland Creek Community Park, the HCCA takes great pride in donating a cheque in the amount of \$3,000.00 to The Tony Stacey Centre for Veterans Care.

From the editor



The summer has come and gone, but there is still plenty of reason for cheer! There are a host of new events taking place in Highland Creek during the fall season. To touch on a few of

them, we have the Autumn Festival in the Valley free to the public at the end of September, a special Girls Night Out at a local church in October (sorry, men) and the Pumpkin Parade the day after Halloween. Further details are inside and I welcome you to join in the festivities. Turning to political matters, the much anticipated federal election is fast approaching and it is our responsibility to be active and informed participants of

this process. To help guide you, the centre spread of the paper is an introduction to the five candidates in contention for representing our riding, Scarborough—Rouge Park, at Ottawa. We encourage you to learn as much as possible, as your collective choices will shape the fate of our country.

A new addition to this Villager issue is a word search near the back of the paper. Highland Creek, for its intimate size, has quite a number of streets, many of which are unknown to some. This wordsearch is a celebration of the major streets as well as the nooks and crannies that make our community unique. Give it a try, and you may find yourself wondering where some of these roads are!

Annoj Thavalingam
Editor, The Villager



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UTSC opens new trail



UTSC Valley Land Trail leads to the Highland Creek Valley
Credit: University of Toronto
Scarborough Campus

Big News! The UTSC Valley Land Trail leading to the Highland Creek Valley is open! A few finishing touches to be added over the next month, but the trail is now available for the community.

A gently sloping paved trail, the Valley Land Trail is 500m long and traverses a 19, drop. It connects the campus to the City of Toronto trails in the Highland Creek Valley.

UTSC recommends to check the trail status for the day on the UTSC website.
<https://utsc.utoronto.ca/aboutus/valley-land-trail>



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Community Updates from Councillor Jennifer McKelvie

Dear Neighbours,

I hope you and your families took advantage of our great summer and got to experience some of Scarborough – Rouge Park's many festivals and events. I want to thank all of the event planners, volunteers and participants that made our community a great place to be this season. I was fortunate enough to get out of the office and attend many of these events. From small street parties to large city festivals, it was truly a pleasure to meet and celebrate with you all and I look forward to continuing to work with you as Council and Committees begin to meet once more.

Exciting time in Scarborough – Rouge Park

Aside from festivals, on August 27, I had the pleasure of announcing the Welcome Centre of the Rouge National Urban Park. This is a major step forward on preserving our local green spaces for generations to come. After many years of discussion and planning, the Federal Government is committed to moving ahead with plans to build a new Rouge National Urban Park Education and Welcome Centre at the site of Toronto Zoo Parking Lot 4.

This Welcome Centre will be a game changer in serving as a hub and magnet for the 7 million Canadians who live within a one hour drive of the Park - that's 1 in 7 Canadians. The Centre will accommodate all visitors; students, residents, and tourists will be able to learn about the Rouge's incredible



Councillor McKelvie alongside municipal & federal counterparts announcing the commitment to build Welcome Centre for the Rouge National Urban Park.

natural, cultural, agricultural and Indigenous heritage, history and characteristics.

Autonomous Vehicle Shuttle Pilot coming to West Rouge

Accompanying this exciting news, the City is working closely with the TTC and Metrolinx, the provincial transportation agency, to launch a public transit trial that would see residents in West Rouge transported to the Rouge Hill Go Station at 6251 Lawrence Ave. E. with driverless, electric shuttle buses. This trial will run for 6-12 months and is planned for the Fall of 2020. An onboard attendant will be present, but the bus would be self-driving. Rides will be free, effectively zero emission, and the route will be in residential areas not served by conventional bus routes. This is a groundbreaking effort that could pave the way for

the transit of the future: automated, localized and emission-free.

We are the only community in Toronto that has a trial of this kind planned. Cities in Germany, Australia, Switzerland, Greece, China, the Netherlands, and the UK have either tested such buses or have put them into regular use. Public consultations are

extremely important given the novelty of this project and I encourage residents to attend, relay any concerns to experts and have their views made clear. The first public consultation will be a drop-in event, taking place on October 2, from 3:30 p.m.-8:00 p.m. at the West Rouge Community Centre, 270 Rouge Hills Drive.

Keeping in touch

I encourage you to call me for municipal issues – my office is here to help you. I have extended my constituency office hours, we are now open Monday to Friday from 8:00 a.m. - 6:00 p.m. and 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, and follow me on Facebook, Instagram & Twitter via my handle, @McKelvieWard25.

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Counting My Blessings

On this magical night of mystical beauty
the enormous moon is my friend;
As I gaze at the colors of lack in the night
I deepen my stride and walk with the light
each pebble asleep rolls away at my feet
as the water subdues I'm in silent retreat ;
In this magical moment of Mystical Beauty
soaked to the skin when the day is off duty
I count every blessing like grains of the sand
gathered as one, in the palm of His hand;
On this one blessed night,
all the stars shine so bright,
and Oh...
What a view !

Written by: Vienna Bombardieri
Artist: Joseph Gabriel Bombardieri

Guildwood Physiotherapy
Formerly East Scarborough Physiotherapy

Car Accident Injuries

At Guildwood Physiotherapy we are experienced in car accidents. We have seen many types of injuries from car accidents, from hundreds of patients, including head injuries, serious fractures, etc. The majority of injuries that we see, however, are whiplash associated disorders. These injuries are the result of your head being thrown back and forth during an impact.

The severity and type of injury in these accidents varies widely depending on the speed and direction of impact, the position of your head at impact, and the presence or absence of safety equipment (such as head rests or air bags). Because there are so many variables in an accident, some relatively minor accidents can cause serious problems while more serious impacts can sometimes result in little or no injury.

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MPP Vijay Thanigasalam

Messages from MPP Vijay Thanigasalam



MPP Thanigasalam with the Hon. Pauline Browes, Mrs. Moeser, Mr. De Baeremaeker, and other long time supporters of Rouge Park.



VIJAY THANIGASALAM
MPP, Scarborough-Rouge Park

CONSTITUENCY OFFICE 8130 Sheppard Ave. East, Unit 105, Scarborough, Ontario M1B 3W3
(416) 283-8448 vijay.thanigasalamco@pc.ola.org

HOW WE CAN HELP YOU

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

if you need help with any provincial matters such as:

- Marriage, Birth, or Death Certificates
- Family Responsibility Office
- Ontario Student Assistance Program (OSAP)
- Ontario Disability Support Program (ODSP)
- Driver's Licenses, Health Cards, or Photo ID Cards
- Health Care Issues
- Education Issues
- Senior Services

Important Numbers:

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Grants Ontario	416-325-6691	OHIP	416-314-5518
Justice Ontario	1-866-252-0104	Toronto City Services	311
Service Ontario	416-326-1234	Toronto Hydro	416-542-8000
ODSP/Ontario Works	416-397-1000	WSIB	416-344-1000

Dear constituents,

What an exciting yet busy summer this has been! I've thoroughly enjoyed diving into my new portfolio as Parliamentary Assistant to the Minister of Transportation yet still finding lots of time to focus on the most important aspect of my work: our riding and the communities here in Scarborough-Rouge Park.

Back To School Backpack Events

In preparation for the upcoming school year, I was able to attend and participate in Muslim Welfare Canada's annual "Fill a Backpack" event. It was inspiring to see so many volunteers, police officers and political leaders gather together for this worthy cause. The backpacks will be distributed across Ontario and Canada to help thousands of children in need. Additionally, I had the pleasure of taking part in the Engage Malvern's Back to School celebration where volunteers and sponsors came together to provide 350 backpacks stuffed with goodies for children in the community to return to school with all they need for a successful year!

Education Roundtable with Minister Lecce

I had the opportunity to host a roundtable with the Minister of Education Stephen Lecce and MPP Christina Mitos. This roundtable listened to the concerns of educators and parents. The government is ensuring that the curriculum includes a focus on STEM subjects, financial literacy, and other aspects of education that children need to thrive in today's job market. In fact, Minister Lecce has announced that the Ontario Government is committing \$200 million over the next four years to improve math education in schools as a part of this initiative.

Community BBQs

I've attended numerous community BBQs over the past month, where I was able to meet with multiple organizations and many constituents to discuss the concerns in their neighbour-

hoods and how the government can ensure we support all of our constituents. Many of these BBQs were in support of an admirable cause such as the House of Prayer Church's Back to School BBQ, and MTCC 996's BBQ collecting funds for the Hospital for Sick Children. Nothing beats grabbing a burger and enjoying time with neighbours, all while in support of such important initiatives!

Toronto Zoo's 45th Anniversary and Rouge Park's Welcome Centre

On August 15th, 2019 the Toronto Zoo celebrated its 45th anniversary since it was founded in 1974! Not only have they given our riding an ethical, world-class zoo, but the Toronto Zoo has taken countless initiatives to help preserve the environment and its many endangered species. This includes their partnership with Symcor to plant 1,284 trees and the breeding and reintroduction of rare species such as Blanding's turtles, trumpeter swans, and the Wyoming toad.

At Rouge National Urban Park, we have had some wonderful news recently! After decades of tireless fighting by local champions such as the Honourable Pauline Browes, Mrs. Heather Moeser, and organizations such as the Friends of the Rouge National Urban Park, the park will be getting an education and welcome centre. Not only will this provide an initial entrance and starting point for those visiting, but it will be a wonderful space for them to learn about the park's rich history, and experience the natural beauty and biodiversity found right here in our proverbial backyard. I'm looking forward to its completion slated for 2022!

I would like to sign off by mentioning that my staff and I are always here to help. The Constituency Office is located at 105 - 8130 Sheppard Avenue East. Feel free to drop by during our office hours, or give us a call to book an appointment with me. The office can be reached at 416-283-8448 or vijay.thanigasalam@pc.ola.org.

Health

Watch What You Eat, As You Eat



BY ANNOJ THAVALINGAM

When I find myself alone in front of a warm meal, there is this nagging compulsion to find myself a distraction. It simply isn't good enough to stare at my food and let my mind wander. On a good day I would settle for a book, most days it would be my phone. From there the meal becomes a blur, lacking details but checked off on my to-do list.

Such distracted eating may seem harmless at first taste, but it is also linked to unintentional overeating. Indeed, with a bag of chips in front of your favourite TV show, you may unknowingly (or uncontrollably) polish it off and find a stomach ache by the end of the episode. In the absence of distraction though, we can be more aware of the quantity of food consumed in a sitting, and more sensitive to the sensation of feeling full.

Mealtime diversions are by no means a

novel trend. People have enjoyed food for millennia in the presence of sociable company or out in the open air, where lively conversation or a pretty sight can take our minds elsewhere while eating.

However, electronics are becoming the distraction of choice, especially with the Internet's ever-expanding breadth and accessibility. Eating in a state of captivation can adversely impact eating decisions, such as the decision to stop eating.

Furthermore, a study from the UK in 2013 found that distracted eating can trigger more frequent urges to eat later in the day. This may be due to underestimation of how much food was eaten while not looking. Being mindful of our food while eating allows us to better gauge how much we're eating and when would be an appropriate time to stop.

Outside of health benefits, paying attention to our food as we eat is a form of respect for the nourishment they provide. It is humbling to contemplate the natural and man-made processes that bring food from the earth to your plate. From farmers to food scientists, health inspectors to truck drivers, the food we invariably find in supermarkets each have interesting histories. While we cannot divine their stories, appreciation for our meals nurtures a connection with the land and industry that feeds us all.



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Fall Family Fun Fair at Miller Lash House



The Miller Lash House presents **Autumn in the Valley** on Sunday, September 29, 2019, an Arts and Crafts fair with something for the whole family to enjoy on a lovely autumn day.

There will be a variety of artisans and crafts folks, from across the GTA and beyond, with work for show and sale. The artists' works will include oil, acrylic and watercolour paintings, glass creations, pottery, jewelry and knitted and other apparel for the whole family. There will also be artisan items such as soaps, baked goods and a variety of food items to meet everyone's taste.

New this year is our expansion to family activities such as a petting zoo and horse-drawn wagon rides. There will be food trucks and more, so bring the family for lunch and shopping.

Special this year will be the Craft Beer tent where you can sample products from several local brewers and snack on locally produced food.

All in all, it will be a great autumn day to spend with your family at the Miller Lash House, located in the beautiful Highland Creek Valley.

The following craft beer brewers will be on-site:™

Steam Whistle
Cowbell
Collective Arts
Longtooth
Southbrook Winery
Common Good Winery
Lost Craft
And More!





The Toronto Zoo

Fall Exhibits and Family Events at the Toronto Zoo



BY DOLF DEJONG

My first summer at the Zoo has been AMAZING!!! Thank you for offering me such a personal and warm welcome into the community as the Toronto Zoo's new CEO. We are grateful to all of you who have visited, had a fun day out and supported our conservation initiatives. One of our highlights was the 19,000+ guests who visited us on August 15th to celebrate our 45th Birthday, and we appreciate your support!

The Zoo is excited to be diving into a strategic planning process and working to build on our Zoo's reputation as a wildlife conservation-based organization. We are committed to have input from our community on this five-year strategic plan and I really hope you will participate in a survey we are developing to include as many diverse perspectives as possible. We are looking to build stronger partnerships while leveraging our past successes, and so exciting times lie ahead for your Zoo as we plan our future strategic direction. Please drop us a line at tzwebmaster@torontozoo.ca if you would like to participate in the process.

The fall will be a busy time at the Toronto Zoo! We are excited to be breaking ground on the new Outdoor Sumatran Orangutan Habitat. An important part of the Toronto

Sumatran orangutan
'Kembali'. Photo
Credit: Toronto Zoo

Zoo's renewal plan is enhanced exhibits for our Sumatran orangutans. The exhibits will provide a revitalization of the current indoor space and a new outdoor space for this critically endangered species. Mimicking natural rainforest environments, the new spaces will enhance the physical and mental health of these intelligent and playful apes, improve the viewing experience and allow us to better support global captive breeding efforts.

The exhibit will provide:

- A new outdoor area with more than double the living space, greatly benefiting our animals' overall health and well-being;
- Enhanced enrichment elements; An improved visitor experience through better lines of sight, more interesting natural structures and more engaging interpretive features.

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 year-round calendar of events and programming, including Oasis ZooRun, Boo at the Zoo (kids 12 and under in costume get in free*), Savings Species Days and Paint Nites (19+ Event) all happening in September and October! Plus, we have great learning and engagement programming for the whole family so be sure to check out torontozoo.com for details.

**Valid for up to two children per regular priced adult. Offer not valid with passes including Air Miles, City Pass, bulk tickets, etc.*



HCCA Corner

Gardening in the Highland Creek Village

BY SUSAN LAMB

As the summer comes to a close and we are all working hard in our gardens to prepare them for the winter ahead, I have been reflecting on the time I spent with a wonderful group of volunteers who you may have seen working in and around the Wesleyan Cemetery in Highland Creek Village. Blair, Elma, Marilyn and John are the long-time members of this hardworking crew. It has been such a pleasure for me, as a more recent addition to this team, to see the area transformed this summer with the addition of flowers and shrubs in the planters in the parking area outside Wine Kitz.

My biggest pleasure has been the delightful conversations with the many people who walk around and through the village and stop to say 'thank you for your efforts'. What a joy to see individuals or couples sitting on one of the benches in the cemetery and hearing the comments that they find it such a peaceful place to take a few minutes out of their busy day. Whoever happens to be on 'watering' duty that day or has taken the time to weed and deadhead in the flower beds, it has always been part of a group effort. Blair cuts the grass in the cemetery and John and Blair



are responsible for watering what we call the "Remax beds" because they have covered our costs in improving the beds.

Our group of volunteers is always happy to add someone to our team whether to help with the gardening or to take on watering duties. So if you are one of those people who stopped by the cemetery to add some kind words this summer, don't be afraid to leave your name with any of the team.

As in all 'good news' stories there is, of course, a 'but'. In fact, too many cigarette butts that do not decompose are left behind. Currently, there are two small sand-filled pots dedicated to cigarette butts, but people are dropping garbage in these, which is not helpful. Perhaps some kind person could donate a larger suitable container clearly labeled for cigarette butts only.

Once the grounds of the cemetery are tidied up (after the last leaves fall) and the lights are hung for the Festival of Lights in November, I will be looking forward to next year's Spring cleanup (look for the date in the Villager to join us) and another gardening season getting my hands dirty with this great group of volunteers who have become friends. Thanks for the memories to keep me going through the long winter months!


The Villager News
 Is Looking For
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The Tony Stacey Centre for Veterans Care accepts a donation of \$3000.00 from the Highland Creek Community Association. From left to right: Bill Yarn, Melissa Elliott, Neala Taylor, David Adamson



Canada Federal Election Candidates 2019

THE VILLAGER REACHED OUT TO THE CANDIDATES FOR MEMBER OF PARLIMENT IN THIS FEDERAL ELECTION AND ASKED FOR A SHORT BIOGRAPHY OF THEMSELVES TO HELP INTRODUCE THEM TO OUR READERS.



Gary Anandasangaree
Liberal Party of Canada

This October, I'm seeking re-election to continue serving as your Member of Parliament for Scarborough – Rouge Park. Growing up in Malvern and Highland Creek, I learned the importance of working together with my neighbours to ensure that all corners of our community felt represented, respected and involved. These lessons have guided me throughout my personal and professional life as a father, husband, small business owner, human rights lawyer, youth worker and as your Member of Parliament. Since elected in 2015, our government has worked hard to give Canadians the country they deserve. Some of the accomplishments I am most proud of include: Lifting over 850,000 Canadians and nearly 300,000 children out of poverty, helping create over 1,000,000 new jobs, expanding the Rouge National Urban Park, and making historic investments to support women and girls in Canada.

It has been an honour to serve Scarborough – Rouge Park for the past four years and together with your support, we can continue building a community which ensures that everyone has the tools and opportunities necessary to achieve their true potential.



Jessica Hamilton
Green Party of Canada

Jessica Hamilton lives in Highland Creek with her husband and two children. Having played soccer for the West Rouge Soccer Club throughout her childhood and adolescence, Jessica spent her early life as a fierce and driven competitor. She attended university on a full athletic soccer scholarship, earning a Bachelor of Science in Psychology and later specializing in Applied Behavior Analysis. This has led to her current role as a therapist for children diagnosed with autism in her community.

Jessica is passionate about being a strong voice that will restore confidence in politics, preserve the ecological integrity of the Rouge National Urban Park, and make a tangible shift towards a sustainable future for us to all grow and prosper in. Living in a shoreline community bordering the Rouge National Urban Park, Jessica is confident that the values of the Green Party align with her community's principles. She is passionate about creating a future that her family, friends and community will thrive in while empowering those whose voices aren't heard.



Dilano Sally
People's Party of Canada

Scarborough—Rouge Park has been my home for the past 12 years, where I have been working for the past two decades in the field of Sales and Marketing.

I am seeking your help to represent you as a Member of Parliament in a People's Party of Canada government. As a long-standing resident in this riding, I am fully aware of the various issues facing you today, including the fear of parents for their children, the steady increase in the cost of living, lack of incentives for small business owners, poor healthcare with longer wait times, education not being geared to employment, unaffordable housing and the poor treatment of our veterans.

The People's Party's election platform is the ONLY one that directly addresses ALL of the above issues. Our leader Maxime Bernier is not afraid to confront these issues directly and does not pander to particular interest groups or communities.

You and I agree we urgently need a government in Ottawa that genuinely and without any apology represents Canadians. This begins, for you and me, in Scarborough—Rouge Park. Let us work together to make this happen.



Kingsley Kwok
New Democratic Party

Kingsley Kwok is a health care professional, community activist and proud father. Raised in Hong Kong, he has called Scarborough home for the past fifteen years and resides in Scarborough-Rouge Park with his family.

As a Respiratory Therapist working in critical care and emergency departments at Scarborough General Hospital, Kingsley witnessed the inadequate health-care services faced by millions of Canadians every day. As a result, he collaboratively worked with community members to start the Scarborough Health Coalition in order to resist funding cuts and save our local health care services.

As a board member of the Ontario Public Service Employees Union, Toronto & York Labour Council and TTCriders, Kingsley also he advocates for fair wages, job creation and a better transit system. He has been a strong campaigner for the increase in the minimum wage in Ontario and continues to advocate for autism funding and fight education cuts.

Kingsley's commitments involve making life more affordable for everyday people, taking better care of each other by improving healthcare and introducing pharmacare, and instilling courage to do what's right for Canadians.



All Candidates meeting

Thursday October 10th 2019 7pm at
45 Lawson Road
Royal Canadian Legion Branch 258.



Bobby Singh
Conservative Party of Canada

The son of immigrants, Bobby is a proud Canadian of the Punjabi Sikh community and has lived his entire life in the district of Scarborough, specifically 30 years as a resident in Scarborough Rouge Park.

Bobby is a successful entrepreneur – business professional with nearly two decades of experience in launching successful start-up businesses. He has also worked within financial, retail, government, and consumer packaged goods industries advising stakeholders within customer service, finance, and strategy capacities.

As a champion of human rights, and a member of the persons with disabilities community, Bobby has dedicated much of his adult life advocating for the disenfranchised and disabled.

He has also been a strong proponent of constituent concerns like the negative impact the imposed carbon tax has had on small local businesses, and the increased prevalence of gun violence incidences in and around many parts of Scarborough exclusively. To date, Bobby continues to promote equity and the empowerment of all marginalized peoples and communities within a social justice and public policy context.

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Submissions must be in by October 30

Fall Activities at the Highland Creek Library

As the days of summer vacations become memories, plans for fall activities are being created.

The Highland Creek Library would like to be part of those plans! Our children's programming will be starting in mid September with the After School S.T.E.M. Club on Wednesdays from 4-5 pm. This is a drop-in

program for ages 6-12 years. In October, we will be offering a drop-in Family Story time on Saturday afternoons from 2-2:30 pm with stories and songs for the whole family!

More programs will be offered throughout the year and these can be found on our website: tpl.ca/highlandcreek or by calling the branch at 416-396-8876.

See you in September!

Debbie Maunder

Branch Head, Highland Creek Branch



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SOUTHEAST SCARBOROUGH
PUMPKIN PARADE
Friday, November 1, 2019
Port Union C.C. Park

***NEW LOCATION**
6 - 8:30 pm RAIN OR SHINE
Bring your jack-o-lantern and tealight to the park between 5:45 and 6 pm. Park at the Community Centre and enjoy seeing everyone's creations!



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Health and Wellness Series by Dr. Karm Hans ND

Preparing for the Cold and Flu Season - The Naturopathic Approach



As we start to transition from summer to fall, a common question I get is how to prevent a cold/flu. Getting a cold or a flu once a year or every 2 years is not a bad thing. It can actually help to exercise our

immune system. This is a good thing if you are able to recover fairly quickly. However, for some of us, our immune systems might be a bit weak and getting sick multiple times per year starts to deplete our systems further. I find this can be particularly true for teachers, parents, daycare workers, doctors, nurses and the elderly population.

There are actually a few very simple things you can consider when thinking about cold and flu prevention:

DIET AND LIFESTYLE

- Avoid processed or refined foods
- Eat a variety of foods (preferably seasonal fruits and vegetables); for example squash is great in the fall months
- Decrease stress wherever possible
- Keep hydrated (~1-2 L per day for the average person)
- Detox - this can help to reset and balance your system (especially with overindulgences in the summer months) - it is always best to work with a practitioner to help guide you with the best way to detox
- Sleep well - if you have trouble falling asleep or staying asleep, there are interventions that can help you

SUPPLEMENTS

- Probiotics - These are my number one supplements to help with cold and flu prevention. We have both good and bad bacteria inside and outside our bodies. It is important to have a balance of both.

Unfortunately, good bacteria can be easily depleted through factors such as diet, stress, toxins, medications etc and bad bacteria can overgrow and impair the immune system, causing havoc. Probiotics are good bacteria that can be found in fermented foods such as sauerkraut, miso, tempeh, kefir etc. You can also buy it as a supplement, which is usually what I recommend to help prevent cold/flu. I am a big advocate of getting your nutrients through your foods, but I find most of us do not have high-quality fermented foods on a regular basis.

- Vitamin D - Theoretically our body can produce vitamin D through exposure to sunlight. I say theoretically because we would need to have maximum skin exposure at peak sunlight hours. Where we are geographically located in the world we cannot actually absorb enough sunlight to generate Vitamin D to last us through the winter months. Also, over exposure to sunlight has other health concerns that we would want to avoid. I say the average daily dose throughout the year is 2000IU (1000IU for children).
- Mushroom extract - Our immune systems are fantastic but when we are in environments that constantly bombard us with bacteria/viruses, our immune systems can become exhausted. For those of you who work with children or in environments with high rates of exposure to bacteria and viruses, a good mushroom extract is a godsend. Mushroom extracts are also great for those of you who have lowered immune systems for other reasons - elderly population or people with a history of cancer or autoimmune conditions. There are lots of options for mushroom extracts but make sure you speak with a Naturopathic Doctor or Herbalist as not every extract is created equally. These extracts can be a little expensive so it is always best to check if you are taking the right product.

Dr. Karm Hans ND is a Naturopathic Doctor at Equilibria Health Centre proudly serving Scarborough. You can connect with Dr. Hans via email at karm@karmhans.com or 647-497-8338. For more information, go to equilibriahc.com and karmhans.com.

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A Message from Highland Creek Public School.”

At Highland Creek Public School, we have had a great start to the school year! We would like to take this opportunity to welcome all of our students, families and community members to a new year at our school. 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 we encourage student voice. Among the different leadership opportunities we provide, we encourage and support our grade 7/8 students in improving their literacy skills by taking on the role of reporters.

In future issues of the Villager, you will be hearing about the exciting events that take place at the school written and published by our own students. This provides a great opportunity to support purposeful writing.

Lastly and most importantly, at Highland Creek Public School, we are fortunate to have a number of safety measures, programs, and policies that contribute to a safe and caring school. However, most incidents happen away from school and outside of school hours. Our staff members regularly review street and traffic safety with our students, who need to be aware and alert at all times. For those who drive, please take extra care on the roads, especially in areas where children might be present.

To learn more about road safety, please visit <http://www.tdsb.on.ca/Road-Safety>

We are all keen on making the start of 2019-2020 new academic year at Highland

Creek a positive and welcoming one. Thanks to all our staff who have prepared the school and their classes to provide excellence in teaching and learning. A special thanks to our caretaking staff who worked through the summer to ensure we return to a safe and fully functional facility.

We hope you all found some time this summer to enjoy the outdoors and spend time with relatives and friends. We look forward to a successful year for each of our students. Together as a community, we can ensure Highland Creek is a safe, caring and supportive learning environment where each of our students, staff, parents and family members feel welcome. We look forward to the many successes that await us this school year!

May Halabi, Principal

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E-mail morrish2000@yahoo.com

Community

Post-Secondary Students Save Money Helping Seniors:

The Toronto HomeShare Pilot Project was created in May 2018 as a City of Toronto initiative arising out of the Toronto Seniors Strategy, with funding from the Ontario Ministry of Seniors Affairs. The National Initiative for the Care of the Elderly (NICE) implemented the pilot in partnership with the City and the Toronto Seniors Strategy Accountability Table, a group of seniors, caregivers, and other community partners dedicated to adequately and effectively supporting Toronto's aging population.

The purpose of the pilot was to empower older adults wishing to remain in their homes with a means of obtaining additional income, light help around the home, and companionship, as well as to address the lack of affordable housing in the City, particularly among students. In exchange for reduced rent, the students agreed to provide up to 7 hours per week contributing to the household. Among the 12 matched senior homeowners and students, many reported experiencing benefits from their participation, including decreased social

... the student provides up to seven hours per week of companionship and help with household tasks,

isolation and financial burden. Based on the success of the pilot, on March 7 2019, City Council agreed to continue and expand the Toronto HomeShare pilot.

As of May 2019, Toronto HomeShare launched as a City of Toronto program, in

collaboration with NICE, matching older adults aged 55 and over wishing to share a spare room in their home with post-secondary students seeking affordable housing in Toronto. In exchange for reduced rent (\$400-\$600 per month as determined by the home owner), the student provides up to seven hours per week of companionship and help with household tasks, such as preparing and sharing meals together, doing light housework, running errands, or walking a pet.

The Toronto HomeShare Program is unique in that it is entirely facilitated by social workers who will match participants based on a variety of characteristics and preferences, will ensure all participants receive a Vulnerable Sector Screening, and will be available for mediation and support throughout the entire homesharing process. Toronto HomeShare is more than a way to share a room in a house – it is a way to empower older adults to successfully age in place for as long as possible and remain engaged in their communities while providing safe and affordable housing for students.

For general inquiries on the Toronto HomeShare Program, including how to join the Program, please call 416-978-4706 or email toronto.homeshare@gmail.com

For more information, please contact:

Laura Martinez, MSW RSW
Program Manager
Toronto HomeShare Program
National Initiative for the Care of the Elderly (NICE)
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Andrea Austen, MA
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 **TORONTO HOMESHARE PROGRAM**

ARE YOU AN OLDER HOME OWNER WHO WOULD LIKE HELP AROUND THE HOME, COMPANIONSHIP AND RENTAL INCOME?

ARE YOU A STUDENT LOOKING FOR AFFORDABLE HOUSING?

Toronto HomeShare is a City of Toronto program matching older adults, aged 55 and over, with a spare room in their home with a post-secondary student seeking affordable housing. In exchange for reduced rent (\$400 to 600 per month), the student provides up to seven hours per week of companionship and light help with household tasks.

For more information, including how to apply, please call 416-978-4706 or email toronto.homeshare@gmail.com.



2020 Heritage Festival Planning



Co-Chair, Joy Loewen with Billy Yarn, Advisory Chair. The new board selected Karen Greenham for Secretary and David Atlas for Treasurer.

2019 Chair, David Adamson formally declined nomination. David is hanging his HCHF hat but offered guidance and support wherever we may need him.

On behalf of the many volunteers throughout the years we offer gratitude to Mr. Adamson for his many years of dedication to the Highland Creek community. We take our hats off to you David, for your wisdom and ever respectful guidance, Thank you for all that you do.

The next meeting will be held at Remax West offices in Highland Creek Village 7pm, October 16th, please see www.hchf.ca for any updates

By Lora Tomasino, 2019 HCHF Communications Coordinator

The first planning meeting for the Annual Highland Creek Heritage Festival was held on Wednesday, September 18th at the local legion. The meeting kicked off with 2019 Chair David Adamson sharing fond memories of Heritage Festivals past including June 15, 2019, where over 3300 were in attendance. During the meeting a new board of directors was elected. Congratulations to 2020 HCHF Directors: Festival Chair, Michelle DeClute and Festival



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Blood Donation Locations

- St. Dunstan of Canterbury Church**
56 Lawson Road, Scarborough
9:00 - 3:00 PM
Saturday, November 30 2019
Saturday, January 18 2020
Saturday, March 21 2020
- Markham Convention Centre**
2901 Markham Rd, Toronto
3:00 - 7:00 PM
Monday, November 25 2019
Monday, February 24 2020
- Scarborough Civic Centre**
150 Borough Drive,
Scarborough
10:00 - 2:00 PM
Wednesday, November 6 2019
Thursday, January 2 2020
Thursday, February 27 2020
- McGregor Park Community Centre**
2231 Lawrence Ave E,
Scarborough
11:00 - 4:00 PM
Saturday, November 16 2019
Saturday, February 15 2020
- Cedarbrook Community Centre**
91 East Park Blvd., Scarborough
10:00 - 2:00 PM
Saturday, November 9 2019
Saturday, January 11 2020
Saturday, March 7 2020



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Recently a group of residents from The Tony Stacey Center for Veterans Care had an excursion to MacDonald's for lunch where drinks and dessert were complementary. Here is Sophie who organized the trip and Ronnie from MacDonald's enjoying the event.

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Upcoming Events



Fall Festival Corn Roast and Square Dance

September 21st 2019 10am to 9pm Highland Creek Village
Join the Highland Creek Small Business Group and St Joseph’s Church for a fun community event, sidewalk sales, butter

tart contest, corn roast, activities in the Village and then from 7 to 9 pm, Square Dancing at St. Joseph’s Church



Autumn Festival in the Valley

September 29th 2019 10am to 4pm Miller Lash House 130 Old Kingston Rd. This UTSC sponsored Festival will feature both indoor and outdoor market place showcasing 40+ local artisans, whose work will be available for purchase. We will also include a Craft beer Marketplace, with an opportunity for community to sample and try small, local breweries. This festival will also have a number of family orientated activities



Salmon Festival at Highland Creek

Date: Sunday, October 6, 2019, 10:00 a.m. - 2:00 p.m. Morningside Park, 390 Morningside Ave.

The Salmon Festival showcases environmental conservation and the natural heritage of Highland Creek! Take a walk along the creek to see the salmon running upstream. Salmon Festival is held in Morningside Park bringing residents out to view the annual salmon migration from Lake Ontario, up Highland Creek, through Morningside Park. For more information, visit thesalmonfestival.ca



All Candidates Debate’

7pm October 10th RCL Branch 258 Lawson Rd. Federal Election All Candidates Debate. The five candidates running want to represent you in the House of Commons as our Member of Parliament. Learn more about each candidate, decide who earns your vote in the upcoming Federal Elections. See page 10/11 for Candidate Bio



St. Dunstan of Canterbury ‘Girls Night Out’

October 19th 2019 St Dunstan Parish Lawson Rd

Tickets \$50. Advance ticket sales only! Guests will receive a glass of champagne and a gift followed by dinner, entertainment and auctions. Proceeds will go to research into cardiovascular disease at UOIT and St Dunstans. Visa accepted. Doors open at 5:30 pm.



3rd Annual Pumpkin Carving Contest and Pumpkin Giveaway

Brought to you by Mike Jahshan Remax West

October 20th 1pm to 4pm Remax Office 6074 Kingston Rd in the Highland Creek Village

Fun for everyone. Free BBQ and Hot Chocolate with kids activities. Come

out and meet Ward 25 Councillor Jennifer McKelvie.
**Bring a non perishable food item & receive your free pumpkin, supporting local food drive.*



2nd Annual Pumpkin Parade

On November 1st 6pm to 8:30pm (rain or shine)

Bring your ‘jack o lantern’ and tealight to the park for the ‘2nd Annual Pumpkin Parade’ at Port Union Community Park. Brought to you by: Highland Creek Community Association, Centennial Community Recreation Association and Rouge Community Association



HOLLY BERRY BAZAAR

Saturday, November 23, 2019 9am to 2pm St. Dunstan of Canterbury 56 Lawson Road, #416-283-1844

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Home-Baked Goods, St. Dunstan’s Craft Tables & Jewelry, Books, DVD’s,

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Festival of Lights *Save The Date

Friday evening November 29th
Join together with the Highland Creek neighbourhood for the annual ‘light up the village’ event. Enjoy a hot cup of cocoa while carollers sing in the winter season, have your picture taken with visiting Santa & Ms Claus and more! This annual

event is presented by the Highland Creek Community Association.

