





FROM OUR KITCHENS TO YOURS page 10

Centernal News.com Www.ccranews.com Centernal News.com News.com

A publication of the Centennial Community and Recreation Association

Urban artwork jazzes up skatepark

By Kathy Rowe

he Port Union Skatepark has a new look. Thanks to Toronto Parks Forestry and Recreation, youth outreach worker Melanie Bailey, an artist from Unity Charity and an enthusiastic group of youth, a section of the skate park concrete is beaming with some new urban artwork.

Parks, Forestry and Recreation is currently working closely with Unity Charity as part of a weekly afterschool program initiative. Each week an artist from Unity Charity (I will refer to him as "Sam" as he does not wish to be identified) visits the Heron Park Community Centre's Enhance Youth Space, also known as "The 6ix" to engage youth through art. The space is supervised by youth recreation programmer Maria Ringgold.

When I recently visited "The 6ix", a group of teens was working with Sam and they were creating innovative time capsules. He was teaching the group how to spray paint with a layer technique. "When these boxes are dry, each participant will write a letter to themselves, place it in the box and seal the box. The idea is to open the box in the future and read the letter," he explained.



Port Union Skatepark has been colourfully painted with words like Time, TLC and Hustle by youth attending a weekly after-school initiative at the Heron Park Community Centre's Enhance Youth Space, also known as "The 6ix."

Sam studied criminology at a renowned Ontario university a few years ago, but he has left that all behind him now. He works full time for Unity Charity and loves it. "I have seen the worst in human behaviour," he said. "I want to engage youth and keep them out of trouble. Youth are going to paint no matter what. Right now the city has no legal places for youth to paint. So we came and asked

permission."

Permission was granted and a plan to create fresh art in the skatepark was soon underway. Sam explained, "the original design idea was to paint a portrait of a male and a female." Unfortunately, the artist who was to lead this design was unavailable to carry it out. Sam hopes to return with several artists in the better weather to repaint. "I

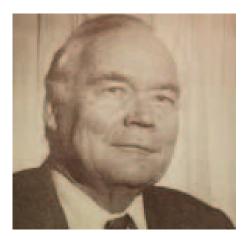
think it's important that the original idea that the youth group came up with is honoured," he said. In the interim, the youth agreed on several meaningful words to be painted:

TLC, HUMBLE, LOVE, VOICE, TIME & HUSTLE.

The names of the painters also appear near these words.

» continued on page 3

CCRA is celebrating its 70th anniversary this year



William A. Dempsey was the Founding President of the Centennial Community and Recreation Association.

Throughout 2019, CCRA News will be talking to longtime residents and searching through old newsletters to bring you stories from our history. If you have stories or photos you'd like to share, please contact us. The information in this one is taken from the writings of our Founding President, William Dempsey.

It all began at a Centennial Road Public School meeting on Tuesday, November 8, 1949. At the time, the small Centennial community was quiet and semi-rural. However, a new subdivision was in the planning stages and it was obvious that additional recreation activities and space would soon be needed.

Centennial Road School was the only public building in this area, so it seemed logical to expand the school to include a recreation centre. The

» continued on back page



JEAN SKAPURA TEAM

DIRECT: 416-737-8300





WWW.SKAPURASELLS.COM

Natasha SKAPURA

ROYAL LEPAGE

Connect Realty



Winterfest is coming



Mark your calendars for Saturday, January 26. Our annual Port Union Winterfest begins at 11 a.m. that day. Come and enjoy games, vendors, a barbecue, hot chocolate, maple syrup and much more. Parks Canada will be there promoting the Rouge. Best of all, weather permitting, there will be pleasure skating on the new rink behind the centre.

So bring your helmets and your skates for a fun-filled winter celebration. For more information, please visit www.portunion-winterfest.com.

Not intended to solicit those already under contract

CCRA Centennial News

CCRA Executive Team 416.283.9987 **President** – Kathy Rowe Vice President – Gerry Divaris 416.540.9569 **Treasurer** – Zinta Erdmanis 416-724-6893 416-282.2951 **Distribution** – Wanda Wierzbicki 416.724.8693 **Advertising** – Kelsey Dorval 416.284.4751 **Community Events** – Heather Lemieux Police Liaison – Marilyn Hodge 416.284.9984 416-282.2951 **Planning** – Rob Elbertsen 416-282.3561 Membership - Denise Bacon Secretary – Elizabeth Todoroska

Youth Representative – Lakshmi Anandaraj

Members at Large Mark Campbell Jake Forsyth Karthiga Dharmananda Lori Gagnon Jessica Dodd Leeanne Larabie Jeff Forsyth Karthika Yogasegavan

Newspaper and Web Team

Editor – Kathryn Stocks	416.738-4848
editor@ccranews.com	
Contributing Editor – Kathy McGrath	647.523-1637
Design and Production – Don Lawrence	

416.724.8693

Publishing Policy

CCRA Centennial News invites submissions of articles, signed letters, art and photography from Centennial community members and all elected representatives. We will consider all submissions for publication that are information-based and relevant to the community. Notfor-profit and community groups are also invited to submit event listings to be published free of charge, space permitting. CCRA Centennial News reserves the right to decline material considered to be unpaid advertising, politically partisan or likely to offend. CCRA reserves the right to edit all submitted material. The opinions expressed in CCRA Centennial News do not represent the views of the CCRA Executive. All submissions will be considered for both print and online publication unless otherwise instructed by the author. CCRA will notify all authors prior to publication.

To be published in CCRA Centennial News, articles must reach the Communications team by the 15th day of the preceding month. To submit an article or suggest a story, please contact any member of the Executive by phone, or by e-mail to news4ccra@gmail.com.

Mailing address:

Centennial Community & Recreation Association 5450 Lawrence Ave. East, Scarborough ON M1C 3B2

Advertising Rates - * NEW sizes available April 2016

Size	Per Issue	Prepaid 10 issues
Business Card	50.00	475.00
Eighth	75.00	712.50
Quarter	125.00	1,187.50
Three-eights	185.00	1,757.50
Half Page (horizontal only)	220.00	2,090.00
Half Page Inside Cover	250.00	2,375.00
Full Page	400.00	3,800.00
Front Page Banner	200.00	N.A.
Inside Page Banner	100.00	950.00

Notice to Advertisers

Advertising copy must reach the CCRA no later than the 10th day of the preceding month for publication. Files should be in high resolution PDF, TIF, EPS or JPG format for best results. Please e-mail your advertisement to Kelsey Dorval at ccra-advertising@hotmail.com. Cheques in the correct amount are to be addressed to "CCRA" and deposited in the CCRA mailbox at 5450 Lawrence Ave. East, in the Port Union Recreation Centre. It is the advertiser's responsibility to advise CCRA of any problems with an advertisement before the 20th of the month in which the ad **appears**. For more about advertising, visit www.ccranews.com/advertising.html

Reflections on the holiday season

By Kathryn Stocks

webmaster@ccranews.com

Advertising – Kelsey Dorval

As I write this, Christmas is only five days away. I'm feeling amazingly relaxed because our family now does a Secret Santa draw, which means we draw names and only buy a gift for one person. I no longer spend frenzied hours in the mall seeking out that perfect gift for everyone. Our family has children in their 20s and early 30s, so our preference is now for experiential gifts and consumables rather than more "stuff." Christmas shopping in stores is practiall the best in 2019. cally non-existent.

But I did enjoy shopping for special little gifts for Heather Lemieux's drive to provide shoeboxes for women living in two shelters in Scarborough. Getting together with 60 other women to wrap the boxes and write notes of encouragement to women who had left their homes with next to nothing was really special. See Kathy McGrath's story about it on page 9.

Another touching moment was realizing that the fundraiser for Bill and Karen Theodorou had surpassed its goal of \$5,000. We wrote about Bill's illness in our December issue and it's wonderful to know that the community reached out to help him and his family at this difficult time. We wish them

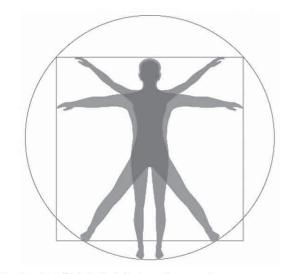
BY THE LAKE DENTAL

Our Services include:

- Invisalign®
- Cosmetic Dentistry
- Kids Dentistry
- Bad Breath Clinic
- Laughing Gas
- Therapeutic BOTOX®
- Sports / Mouth Guards
- Implants
- Wisdom Teeth
- Oral Cancer Screening
- Root canals
- Sleep Apnea Appliance
- Dentures
- Crowns / Bridges ...and much more



At By The Lake Dental overall health starts in the mouth.



CALL TODAY to book your next dental appointment.



Direct Billing to Benefit Provider

Modern **Technology**

ACCEPTING NEW **PATIENTS**

HIGHLAND CREEK

416-284-8282 371 Old Kingston Rd., Unit 4 (CIBC Plaza) www.bythelakedental.com

AJAX 905-428-2111 255 Salem Rd., Unit 7 (South of the 401)

President's Message

This year is going to be a busy one for the CCRA

By Kathy Rowe

Now that the holiday season is behind us, the CCRA can begin to plan objectives for 2019. But before I jump into the future, I must acknowledge a few events that took place in our community during the month of December.

Sir Oliver Mowat's musical production of Mamma Mia! was delightful. It was energy infused from beginning to end with a very talented cast and crew. Thank you to all who made this show such a great success. It was truly a wonderful musical.

The Community Carol Sing at St. Dunstan of Canterbury Church on Sunday, Dec. 9 was also a lot of fun to attend. Rev. Richard Newland kept the audience laughing with his entertaining stories and clever videos. The choirs performed well and the congregation sang out many carols with gusto! If you missed this annual gathering in 2018, you must make a note to come out to



At the Community Carol Sing, Kathy Rowe spoke about the work CCRA does for the community.

I was told that the Second Annual Community Tree Lighting Party hosted by Gear Realty and held at the Port Union Community Centre on Dec. 8 was a huge success once again. Unfortunately, I was unable to attend this event. Wanda

Wierzbicki, our distribution chair, and Denise Bacon, our membership chair, have written articles on the carol sing and the tree lighting. You can find their stories on page 8.

This year will surely be a busy one for the CCRA. Our board is growing and our new members are sorting out their roles and responsibilities. Winterfest is happening at the Port Union Community Centre on Saturday, January 26. We encourage all Centennial residents, young and old, to join in and celebrate this annual winter festival. The CCRA will have a raffle table, so please come by and say hello.

Just a reminder that our CCRA board meetings take place on the first Tuesday of every month, except for January when it's the second Tuesday. Meetings begin at 7:15 p.m. in the lounge of the Port Union Community Centre. We encourage all residents to attend these monthly meetings to learn about what our association is doing to support the community.

Skatepark continued from page 1

Melanie, the youth outreach worker, was thrilled with the idea of this project. She worked hard to gather youth from both the Heron Park and Port Union areas to become involved. "There were three phases," she explained. "Phase one involved discussion surrounding how the youth wanted to see themselves portrayed within the community. Phase two was a discussion about concrete ideas and design. Phase three was the action: painting day at the park under the supervision of both city staff and the artist from Unity Charity."

Melanie was visibly pleased with the result. "The real challenge was getting all kinds of youth to participate in the project and work together." Justice Miller, 13, was one of the many painters on the project. "I had a lot of fun! I learned new painting skills like drop shadow and other lettering techniques," claimed Justice who has been spray painting since she was 6 years old.

Melanie added, "these projects are youth driven so we hope to see more projects like these in the future."

For more information about "The 6ix "(Enhance Youth Space at Heron Park), please contact Marla Ringgold at 416-396-7684.

To find out more about the youth empowerment art/dance programs offered by Unity Charity, please visit unitycharity.com.









Start a Travel Business with Expedia

If you have an entrepreneurial mindset, enjoy building relationships & love planning dream vacations, a career as a Vacation Consultant could be right for you!

We make our customers the core of everything we do, that's why we're looking for motivated Consultants who are passionate about achieving success through excellent customer service.

INQUIRE TODAY ABOUT JOINING OUR TEAM

(416) 287 3387

91 Rylander Blvd, Unit 17, Scarborough scarborough@cruiseshipcenters.com www.joinecsc.com/Scarborough



7:00am

Early Bird

Appointments

Available on

Request

285 Lawson Rd, Unit 107 & 108, Scarborough, ON M1C 2J6

Tel: 647-748-6200

For more information or to book an appointment please

contact our office Tel: 647-748-6200

Check us out on Facebook - Grandview Dental Clinic

https://grandviewdentaldiniacom/

CCRA Award

A chat with Madison Johnstone

By Garrett and Ryan Allardyce

On November 2, 2018, Madison Johnstone was presented with the CCRA William Dempsey award during the Sir Oliver Mowat C.I. fall commencement ceremony. This award is given to the graduating student who best exhibits a spirit of community involvement and cooperation at Mowat.

We met with Madison a few weeks later to talk about the award and see what she's been up to since leaving high school.

Madison remembers being shocked when she learned that she had been chosen to receive the award. "It's not like the subject awards. You kind of know when you're going to get a subject award because you get the highest mark in the subject, but this came out of nowhere," she said. Madison intends to put the \$250 award towards education costs.



Madison Johnstone was shocked to learn she had won the CCRA Award at Mowat's commencement

During her time at Mowat, Madison was deeply involved with the high school community. She was a Prefect involved in numerous events, starred in multiple theatre productions, and even wrote and directed her own play for the NTS Drama Festival Ontario.

She likes to volunteer because it allows her to meet new people and provides her with an opportunity to help the community.

Madison has also participated in a wide variety of activities in the community outside of school, such as planting trees and helping out at the Sunnybrook Veterans Centre. Her interest in community service started when she was in Grade 8 where she volunteered at "We Day" with her friends. This interest continued throughout high school.

She likes to volunteer because it allows her to meet new people and provides her with an opportunity to help the community. She especially enjoys volunteering with family and

Currently, Madison is studying the humanities at the University of Toronto St. George campus. She enjoys the school and her program very much, and hopes to publish "something," big or small, before she graduates. We're happy to hear she's enjoying her first term at university. Great job, Madison, and good luck!



Full range of

Dental Services

Direct billing to

Insurance

Seniors

Discount

New Patient

Special Offers

JILL'S TEAM INVESTS IN OUR NEIGHBOURHOOD

One of the key goals of Jill's TEAM is to promote the benefits of living in West Rouge-Centennial and, by extension, the value of homes in our neighbourhood. We also believe in giving back to the community in which we live and work. As a token of thanks for the trust and support given to our team by the residents of West Rouge-Centennial, Jill's TEAM is pleased to donate \$250 from each sold listing to a community-based non-profit group or organization of the SELLER's choice.

Some examples of groups and organizations that can benefit from this donation program include:

- Schools (for equipment, instruments, books, special programs or events)
- Community associations (CCRA and West Rouge)
- Churches/Places of worship Port Union library
- Guides/Scouts
- Seniors groups
- Group homes and long term care facilities
- Local food bank



Considering a move? Wondering what your home is worth in today's market? Contact Jill's TEAM for a complimentary, confidential home evaluation.

ROYAL LEPAGE

JellsTEAM.CA 416-443-0300



JILL FEWSTER-YAN | MICHELLE SAITTA-TOON* | LARRY YAN* | JENNIFER FEWSTER- YAN'

*SALES REPRESENTATIVES, ROYAL LEPAGE SIGNATURE REALTY, BROKERAGI

Mowat

Mamma Mia! at Mowat was a wonderful show

By Anjali Bahi

Sir Oliver Mowat C.I. delivered yet another successful and hugely popular musical, Mamma Mia!, which ran from December 5-8, enticing audiences of all ages. Singing the the entire production did become a beloved songs of ABBA and bringing to life the characters that we love, Mowat's rendition of Mamma Mia! was extravagant and impressive. This year's production performed four shows, with an astounding audience of around 2,000 people. There's the CCRA as well as the community something wonderful about bringing the community together to appreciate local theatre, especially when it involves extremely talented and dedicated high school students.

While the show played without a hitch to a captivated audience, what many did not realize were the long hours of dedication and hard work put in by the team to produce a show of such high calibre. Students involved in the cast and crew, as well as several teachers, spent many hours after school until late at night and even on weekends to put together the admired by all students, and she is production. They were determined to put on the best show they could deliver and it really paid off.

During Sunday morning rehears- Anjali Bah is a Grade 12 student als, the cast would find various ways at Mowat.

to keep rehearsals amusing and energized. They would crack jokes to keep the mood light and have some light-hearted bantering going, rather similar to the behaviour of how siblings act with one another. Indeed, family over the three months they spent together, and continuously supported each other, even after the production was done.

On behalf of the cast and crew of Mamma Mia, I would like to thank for their continuous support and for coming out to see the show. The cast and crew truly appreciate everyone's contributions. Thank you to all the hardworking teachers who gave up much of their personal time to help put it together, and a very special thank you to the one and only Mrs. Robin "Drama Mama" Andrews Morton, who works endlessly to ensure that not only the show was on point but cared for each and every one of the students involved in it. Her kindness and commitment are definitely the backbone of Mowat theatre productions.



While the musical played without a hitch to a captivated audience, long hours of hard work had to be put in by the team to produce a show of such high calibre.

The singing and dancing were amazing

By Margaret Grant

On Thursday, Dec. 6, a group of friends and I attended a performance of Mamma Mia! at Mowat Collegiate. The large auditorium was filled to capacity, and the excitement and anticipation were palpable. As soon as the performance began, we were aware that it was taking place on a Greek island. The staging was cleverly yet simply done. There was a boat and a dock, and the drapery, which represented the rocky island surroundings, enabled the actors to enter and leave the stage in an unobtrusive manner. The musical accompaniment was beautifully presented by the small orchestra, and the sound was excellently managed. The singing, especially by the principal characters, was professional and the dancing and acrobatic numbers were amazing. I was very proud of our high school and of our whole community. Please do not miss any future productions of these talented performers.



Pickleball is popping up across the city

By Denise Bacon

Pickleball? Never for me, I thought; I'm a tennis player.

That was before my sister invited me to join her for pickleball at the Pan Am Centre on a Wednesday morning. Now I can tell you about the fastest growing sport in North America!

Pickleball can be fondly considered the mutt of sports that was cobbled together in Washington in 1965 as a quick pastime. The paddle/racquet is like an oblong oversized table tennis racquet, the court is the size of a doubles badminton court and the net is low to the ground like in tennis. The hard plastic wiffle ball is slightly bigger than a tennis ball.

The game, like any sport, can be played by all ages and at all levels from beginner to highly competitive. All levels of play are available in various parts of Scarborough and







Port Union Community Centre has beginners drop-in pickleball for seniors on Monday afternoons from 1-3 p.m.



Sophia Tan Broker

FINE HOMES DIRECTOR My Focus is to Make the Process of Buying or Selling Your Home as Efficient and Stress-Free as Possible. Imagine That!

RF/MAX ROUGE 💝

416-286-3993 416-417-4488

SOLD \$1,108,000

SOLD \$1,094,500

21 Cockburn Dr

120 Glencrest Blvd

Sophia Tan

September 2018

SOLD \$838,000

September 2018

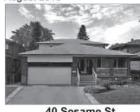
SOLD \$620,000

June 2018

SOME OF THE HOUSES **SOLD** BY SOPHIA TAN



50 Agincourt Dr SOLD \$1,488,000 August 2018



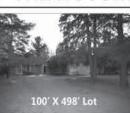
SOLD \$1,100,000 March 2018



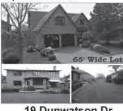
SOLD \$1,070,000 April 2018



SOLD \$714,000 June 2018



1377 Military Tr SOLD \$1,400,000



SOLD \$1,098,800 February 2018



66 Satchell Blvd Port Union/Lawson September 2018



26 Gloaming Dr SOLD \$700,000 May 2018

ointment without cost or obligation

SOPHIA TAN, Broker

CURRENT MARKET EVALUATION CERTIFICATE

Office 416-286-3993 Cell 416-417-4488

This Certificate entitles a residential property owner to one market evaluation. If you are

RE/MAX ROUGE RIVER REALTY LTD BROKERAGE

Website: www.sophiatan.com



SOLD \$1,210,000

July 2018



SOLD \$1,098,000 February 2018



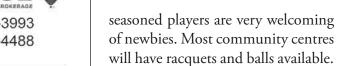
11 Lockdare St SOLD \$868,000



61 Greenbush PI SOLD \$670,000



416-286-3993 416-417-4488 SEE MY WEB PAGE WWW.SOPHIATAN.COM Email: sophiatan@sympatico.ca



Pickleball is popping up across the city in community centres, school gyms and sports clubs. Port Union Community Centre has beginners' drop-in pickleball for seniors on Monday afternoons from 1 p.m. -3p.m. Eddie Chin has been playing for 25 years and he's happy to now have a game in the neighbourhood. Pickleball keeps Eddie 80 years young!

Brenda D'Abreo and Robert Edwards, who were partners for a game, effusively said, "It's so important for seniors to be active. Activity stimulates the mind." Robert has met more neighbours through pickleball at Port Union Community Centre than he had over the 28 years he has lived in the area! He feels 10 years younger just in the short time he has taken up the sport.

John Davidson and Dennis Day, partners in a game, love the exercise and camaraderie through pickleball.

Every one of the players was keen to have at least one more day of pickleball at the community centre.

There is now a Pickleball Association where you can get information about this sport, including where to play. www.pickleballontario.org

Be careful when you start, though. You could get hooked like I did!



43 Division

New superintendent rose up the ranks of Toronto Police

By Kathryn Stocks

Bill Neadles is the new police superintendent of 43 Division, replacing Mark Fenton who retired as of October 31. Neadles rose up the ranks of the Toronto Police Service after joining 42 years ago on Nov. 1, 1976.

I recently had the opportunity to interview the new superintendent along with Todd Flanders, Community Safety Unit Staff Sergeant and second in command. They said the officer strength of 43 Division is around 260, although it's somewhat less than that right now. This means that one of their biggest issues is juggling the number of calls for service with the proactive community policing they are trying to undertake.

"We have officers assigned to some of our more vulnerable communities, but because of our officer strength they aren't out there every day," Neadles said. "That's a future endeavour." They are trying to develop friendships and become part of communities so people feel comfortable speaking to them. As part of this effort, officers have been playing in volleyball tournaments at all eight high schools in 43 Division. They are also trying to reach younger children.

www.guildwood.net

(416)283 6893

BBBBI Community Safety Unit Staff Sergeant Todd Flanders, left, and Superintendent Bill Neadles at

Repetitive Stress & Hand Problems

Shoulder, Arm, Elbow & Wrist Pain

Hip, Knee, Ankle and Foot Pain

Positional Vertigo

Arthritis

said. "Our people have a good idea an increase in human trafficking where of who they are and monitor them appropriately." The Galloway Boys, for instance, are still around but sometimes younger members will break off on their own.

"It typically starts in high school," Flanders said. "The formal structure is not quite there yet, but they're developing into a street gang." Gang members in this division, the superintendent and enters. Flanders said they're seeing over the phone."

the gangs are involved in prostitution. The prostitutes usually come from the vulnerable sector. Regarding break-ins, Neadles said,

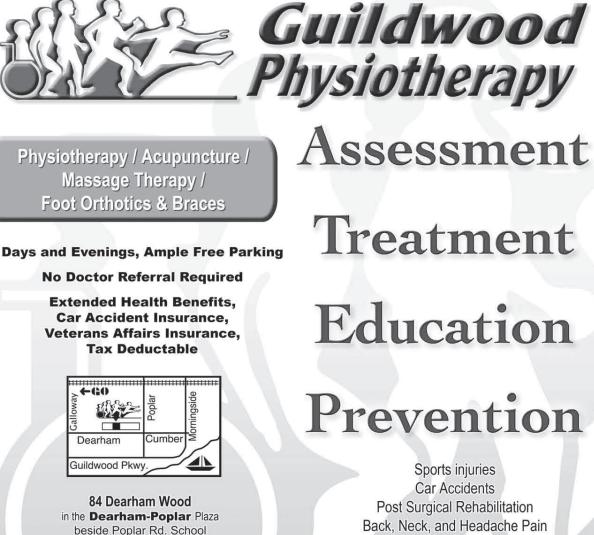
"If there is someone in your house at the time you call us, we're going to come. If you've been away for two weeks and you come home and your house has been broken into, there's a There is still some gang activity sell guns, drugs, fraud, and do break chance we'll just take that information

Flanders added: "If it's been months and they've lost the opportunity for evidentiary value, you'd likely have a solo officer show up for a follow-up investigation." They'd canvass the area for anyone who might have seen anything or for video. "There's a difference between that and a breakin to a car. There's an online reporting tool for those types of offences."

They want people to report all incidents because if they're not aware of it, they don't know the specific trends that might be occurring. If someone feels their safety is at risk, dial 911. If it's something less, call 416-808-4300 and the officer on the phone will decide which avenue would be best. Parking complaints and accidents can be reported online now.

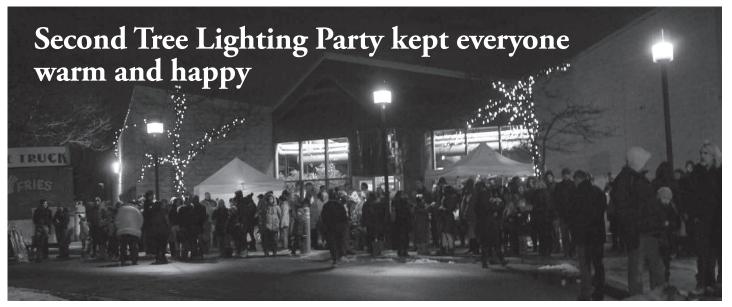
They encourage people to go to the Community Police Liaison Committee meetings and also come out to the CPLC-led picnic every June. "It's a really good opportunity to come out and meet some of the officers," Neadles said. The CPLC meets at 2:15 p.m. at 43 Division on the second Thursday of every month except July and August. The meetings are also live streamed.

Do they have any advice for the residents of Centennial? "You live in a great neighbourhood," Neadles said. "Just keep doing what you're doing."





Community



By Denise Bacon

Five, four, three, two, one... Like magic, the 30-foot tall tree in front of Port Union Community Centre came alive with beautiful coloured lights! The moment was made even more Fry truck and lots of other goodies

heard amid the clapping.

Neighbours and friends came out for the Gear Realty sponsored second annual community tree lighting party on Saturday, December 8. A French

AGINCOURT HYUNDER

Agincourt

special as children flocked to the base and activities kept everyone warm of the tree while a collective AHH! was and happy until the big event. The evening was extra good for a smiling Hal Stuart who held the lucky ticket for the 50/50 draw.

Thank you to Gear Realty for bringing our community together during this holiday season!

Sing was a joyful evening



By Wanda Wierzbicki

A few weeks before Christmas I had ties food bank.

In addition to recitations of the Christmas Story and the traditional "Twas the Night Before Christmas", we heard the story of Charlotte, a

To finish off the evening, Kathy CCRA Centennial Newspaper. The evening came to an end with refresh-

Community Carol



the pleasure of taking part in the St. Dunstan's Annual Community Carol Sing, which is co-sponsored by the CCRA. As usual, the church was full of adults and children, many of whom wore Christmas sweaters and hats. The Christmas spirit was evident in the joyful mood of the crowd and in the generous donations to the Scarborough Centre for Healthy Communi-

The program was a perfect blend of audience participation, readings and stories, seasonal videos and performances by the Junior and Senior Choir under the direction of Anna Lynn Murphy. Rev. Richard Newland modeled both a Christmas sweater and a new (and very ugly) Christmas hoodie, which everyone found quite

ments for everyone.

Philanthropy

Women think inside the box for charity

By Kathy McGrath

Local real estate agent Heather Lemieux hoped she might collect 15 gift boxes for women in a local shelter, but she was overwhelmed when 60 people contributed to her Shoebox for Shelter Drive.

"The shoeboxes can make the shelter seem more festive and, hopefully, make the women feel less disconnected from holiday celebrations."

"The generosity from everyone was incredible. These boxes will be the only gift many of these women receive for the holidays," Heather said.

The Royal LePage agent invited friends and neighbours to her home in mid-December to wrap up the boxes they brought, which contained things like body lotion, hair products, cosy socks, mittens and gift cards. She treated the women who contributed gifts to Christmas cheer and nibbles.

More than half the boxes were distributed to women at Juliette's Place, a Scarborough shelter, as well as to women who recently left the shelter

130 OLD KINGSTON ROAD

WWW.MILLERLASHHOUSE.CA

who are working hard to make it on their own. The rest of the boxes went to another shelter in Scarborough.

Heather's neighbour Rose Demont-

"I admire the women who do leave an abusive relationship," said another neighbour, Margaret Grant. "At one time women were encouraged to stay with abusive partners for the sake of the children. That's nonsense! Children know what's going on."

In thanking the gathering, Heather pointed out that the women in shelters are actually the fortunate ones. She explained that one woman per week in Canada is killed by an abusive partner, which indicates many women are not able to find safe havens.

DINNER 6:00PM

TORONTO

Shanan Spencer-Brown, executive director of the Royal LePage Shelter Foundation, said the Shoebox Project for Shelters – a stand-alone charitable organization – is part of a larger initiative by Royal LePage realtors to help women seeking refuge. She said the shoebox gifts make the women in shelters, as well as staff, feel supported

brun, who attended the gathering, has supported a disadvantaged young woman for many years, helping her to overcome negative experiences, including abusive relationships. Rose says this young woman was taken away from her mother, also a victim of domestic problems, at a young age. The situation illustrates how difficult it is to break the cycle of family violence.

> the community at large, which is especially important during the holidays. "In many cases it's not safe for

the women and children to go to Grandma's house or go visit a cousin, so the shelter becomes a surrogate family for them," she explained. "The shoeboxes can make the shelter seem more festive and, hopefully, make the women feel less disconnected from holiday celebrations."

Jiin Yiong, Manager of Resources and Service Supports at Juliette's Place, was also in attendance that night and was extremely grateful for the boxes.



Sixty people got together at Heather Lemieux's house in December to fill and wrap gift boxes for women in Scarborough shelters. The final result of their work is displayed under Heather's



Insure + AND SAVE*





Call Allstate First

Saaraa Dias Pickering Agency 570 Kingston Rd. Unit 9 289-277-1274







FROM OUR **KITCHENS TO YOURS**

CCRA members share the recipes of some of their favourite soups and stews for you to enjoy. **Bon appetit!**



CHILI WITH BEANS Contributed by Kathy McGrath

Ingredients:

- 2 lbs ground beef
- 1 large green pepper, diced
- 1 large onion, diced
- 1 large garlic clove, minced ¼ cup chili powder
- 1 15 oz can red kidney beans
- 1 14 oz can brown beans
- 1 28 oz can tomatoes
- 16 oz can tomato paste
- 34 cup water
- 1 tsp salt
- 1 bay leaf hot-pepper sauce (optional)

Preparation:

In a large saucepan over high heat, cook ground beef, green pepper, onion, and garlic, stirring frequently, until all pan juices evaporate and beef is well browned, about 15 minutes.

Stir in chili powder; cook 1 minute. Drain liquid from kidney beans into meat mixture; reserve beans. Stir in tomatoes with their liquid, tomato paste, water, salt and bay leaf; over high heat, heat to boiling. Reduce heat to low; cover and simmer 45 minutes, stirring occasionally.

Stir in reserved kidney beans and brown beans. If you like chili hotter, add a few drops of hot pepper sauce to taste. Cover and simmer 15 minutes longer to blend flavours. Discard bay leaf.

** Makes 10 servings.

"This recipe was adapted from the New Good Housekeeping Cookbook. It can be made the day before and lasts a few days in the fridge."



SLOW COOKER CURRY Contributed by Janice Bennink

Ingredients:

- 1 ½ lbs. stewing beef, cut into chunks
- 2 Tbsp. flour 2 Tbsp. oil
- 1 796 mL can diced tomatoes
- 1/3 cup water
- 2 garlic cloves, chopped
- 2 Tbsp. curry powder
- 2 teaspoons garam masala
- Salt and pepper to taste
- 1 large onion, chopped 2 sweet potatoes, cut in large cubes
- 34 cup frozen peas

Preparation:

Coat beef chunks with mixture of flour and ½ Tbsp. curry powder. Heat the oil in skillet to medium-high and quickly brown meat on all sides. Transfer the beef to slow cooker and reduce the skillet heat to medium. Add garlic to soften, then add tomatoes, garam masala, remainder of curry powder, salt, pepper and water. Stir until bubbling, then pour mixture over beef in slow cooker with chopped onions.

Slow cook on low for 3 hours, add sweet potatoes and cook for an additional 2 hours, adding peas for last ¼ hour until cooked through. Serve over rice or with naan bread.

"This is a mild, tomato-based curry. My slow cooker runs very hot, so vegetables are usually added in stages so they don't overcook. For other cookers, most ingredients can be added at the beginning of the cycle."



GOLDEN CARROT SOUP **Contributed by Denise Bacon**

Ingredients:

- $\frac{1}{3}$ cup (80 mL) butter
- ¹/₃ cup (125 mL) chopped onion 2 cups (500 mL) thinly sliced carrots 3 chicken bouillon cubes
- 3 cups (750 mL) boiling water ¼ cup (60 mL) long grain rice 1/2 tsp (2 mL) salt

2 cups (500 mL) milk

Preparation:

In a medium saucepan, sauté onions in butter until golden. Add carrots and toss until coated with butter. Add bouillon cubes, water and rice; cover and simmer until carrots are fork-tender and rice is cooked about 12 to 15 minutes. Let it rest for 5 min. Add salt. Add to blender one-third at a time and blend until smooth. Return to saucepan; add milk and heat. Sprinkle shaved old cheddar on the soup just before serving to kick it up a notch!

"Golden carrot soup made by my sister, Dianne, was a taste sensation for me! It's delicious and nutritious. She got this very simple recipe from a Milk Calendar many years ago and this soup continues to be a family favourite."

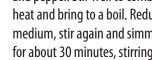


LENTIL STEW

Contributed by Kathryn Stocks

Ingredients:

- 2 Tbsp. extra-virgin olive oil
- 1 medium onion, diced (about 2 cups) 3 to 4 large garlic cloves, minced
- 3 cups peeled, seeded and diced butternut
- 2 ½ cups sweet potato, peeled and diced 3 cups low-sodium vegetable broth
- 1 14-ounce can diced or ground tomatoes
- 1 14-ounce can light coconut milk
- ½ cup dried red lentils, rinsed
- 3 Tbsp. tomato paste 1½ teaspoons ground turmeric
- 1½ teaspoons ground cumin
- ½ teaspoon chili powder
- Fine sea salt Freshly ground black pepper
- 1 Tbsp. apple cider vinegar
- 1 bunch chard, spinach or kale, stemmed and chopped into bite-size pieces



Preparation:

and pepper. Stir well to combine. Increase heat and bring to a boil. Reduce the heat to medium, stir again and simmer uncovered for about 30 minutes, stirring occasionally, until the squash and potato are fork-tender. Reduce the heat if necessary.

Add the oil, onion, and garlic to a large pot.

Stir to combine. Increase the heat to medium

and sauté for 3 to 5 minutes, until the onion

is softened. Add the squash and sweet potato

and stir to combine. Add a pinch of salt and

continue sautéing for a few minutes longer.

juices), coconut milk, lentils, tomato paste,

turmeric, cumin, chili powder, cayenne, salt

Add the broth, diced tomatoes (with

Add the apple cider vinegar to taste. Adjust the other seasonings if desired.

Optional step: Using a handheld immersion blender, blend the stew for a few seconds (any more and you'll blend too much of the veggies). This thickens the broth.

Stir in the chard, spinach or kale and cook for another few minutes until the greens are

Ladle the stew into a bowl and garnish with minced cilantro or parsley and a good dusting of garlic and chili powder, if desired. You can also serve it over rice. Leftovers will keep in the fridge for up to five days, and they freeze beautifully, too.

"I found this tasty recipe on the internet when I was looking for a vegetarian dish that included butternut squash. It was created for Pulse Canada, and was inspired by Deliciously Ella."



THICK ONION SOUP **Contributed by Kelsey Dorval**

Ingredients:

- 1/3 cup butter 1 lb. onions, finely chopped
- 1 garlic clove, crushed
- 1/3 cup flour
- 2 ½ cups vegetable bouillon
- 2½ cups milk
- 2-3 tsp lemon juice Good pinch of ground allspice
- 1 bay leaf 1 carrot, coarsely grated
- 4-6 Tbsp. heavy cream 2 Tbsp. chopped parsley Salt & pepper

Preparation:

Melt the butter in the pot and cook onions and garlic over low heat, stirring frequently, for 10-15 minutes, until soft but not brown. Stir in the flour and cook, stirring, for 1 minute, then gradually stir in the bouillon and bring to a boil, stirring frequently. Add the milk and bring back to a boil.

Season to taste with salt and pepper, then add 2 tsp of lemon juice, the allspice and the bay leaf. Cover and simmer for 25 minutes. Discard the bay leaf.

Stir the carrot into the soup and simmer for 2-3 minutes. Add more lemon juice if necessary. Stir in the cream and reheat. Garnish with the parsley.

"This is from one of my favorite recipe books, 1000 Vegetarian Recipes From Around the World. When my kids were small I wanted them to eat more vegetables, so I started making soups from this cookbook. It was a huge success!"



Contributed by Kathy Rowe

Ingredients:

1 package of stewing beef (1-2 lbs.) 2 beef bouillon cubes ½ tsp. salt

1 Tbsp. Worcestershire sauce

3 or 4 potatoes quartered

1/3 cup of barley (cook separately)

In large pot, place stewing beef and add

water (just enough to cover the meat) and

Add beef bouillon cubes and stir until cubes

have dissolved. Add onions, garlic, soy sauce,

Cook for approximately 2-3 hours (keep an

eye on the water level and add more when

In a separate pot, boil barley on medium-

low. When cooked, rinse the barley and add

Once meat is tender (about 2 hours), add

chopped potatoes and carrots. Add frozen

veggies to stew during last 15 minutes of

Remove food from pot with slotted spoon

and place it into a casserole dish. Dissolve

cornstarch into ½ cup of cold water and add

to stew liquid in the pot. Stir until the liquid

"This recipe was given to me by Karen Dias"

when our boys were small. I still make it every

Pour gravy over stewed food in the

casserole dish. Stir and then cover

and keep warm in a 250F oven

Serve with fresh bread or rolls.

turn on element to medium-low setting.

Worcestershire sauce, salt and pepper.

2 onions, chopped

1 Tbsp. soy sauce

1-2 Tbsp. parsley

3 or 4 carrots sliced

½ cup frozen peas

½ cup frozen corn

2 Tbsp. cornstarch

½ cup cold water

Preparation:

necessary)

to the stew.

becomes a gravy.

until ready to eat.

- Pepper to taste 2-3 cloves of garlic, chopped

 - 1200-1400 mL beef broth
 - 1-2 Tbsp Worcestershire sauce

a sealable plastic bag or bowl. Toss to thor-

Brown beef well on all sides in heated oil over medium heat in a non-stick pan. When done, place beef on top of vegetables in slow cooker. Blend/mix broth, tomato paste, Worcestershire sauce, garlic and hot sauce. Add any pan drippings from browned beef. Mix well. Pour mixture over beef and vegetables.

serving. "There was a basic recipe included in the documentation provided with the slow cooker. I've modified it slightly each time I make the

stew. 1.5 kg seems like a lot of beef, but I had three active/athletic young adults living at home. Whatever they didn't eat was frozen and enjoyed a couple of weeks later."





SLOW COOKER BEEF STEW Contributed by Rob Elbertsen

Ingredients:

(Amounts are approximate, depending on size of slow cooker. Modify to your taste.)

- 3-5 cups potato cubes or mini potatoes
- 2-3 diced yellow/orange/red peppers
- 2-4 cups sliced celery 2-4 cups baby carrots
- 2-4 cups sliced mushrooms
- 2 diced onions
- 4 small bay leaves
- 1.5 kg. -2 kg. cubed stewing beef
- ½ cup all purpose flour
- ½ tsp black pepper
- 1-2 Tbsp canola/olive oil

- 2-4 chopped garlic cloves
- 1-2 cans tomato paste
- 1 Tbsp Frank's Red Hot Sauce (optional)

Preparation:

Combine vegetables in slow cooker. Add bay

Place stewing beef, flour and pepper into

oughly coat beef.

Cover and cook on High for at least 4-6 hours, or until beef reaches temperature of 165°F and is fork tender. Discard bay leaves before

TDSB Trustee Anu Sriskandarajah

Be involved in your children's education



As the newly elected Trustee for Ward 22, Scarborough-Rouge Park, I am pleased to share with you and continue the work of the Toronto District School Board's Multi-year Strategic Plan.

other things, helping students earn support for our public schools, with high levels of achievement, reach their full potential and build stronger relaschool communities.

I encourage all parents to be elementary schools. involved in your child's education and school life. It's important! There are Board's commitment to higher lots more.

such as taking part in your local school council, volunteering to coach sports these opportunities, and others, visit www.tdsb.on.ca/Elementary-School/ Get-Involved. There are also many supports and resources for parents.

TDSB is interested in knowing what parents think of our schools and the education their child is receiving.

review our 2017 Student and Parent Census Data, I invite you to do so. that their child enjoys school, and feels

numerous ways you can get involved, academic achievement, building relationships between parents, students and schools, and ensuring that our or supervising field trips. To explore schools are safe, caring and welcoming places to teach and learn. I believe schools in Ward 22 are great places to be. Let's work together to keep it

I am interested in your views and perceptions about our schools or your child's education. I encourage If you have not had a chance to you to visit my website, www.tdsb. on.ca/Ward22, from time to time to get useful information to help you This plan is focused on, among You will find overwhelming parental navigate the school system or learn about Ward 22 school-community the vast majority of parents saying news. You can also access a number of Board and school services for parents tionships between parents and their welcomed and respected. Students at the TDSB's parent portal including share similar views, especially in our homework tips, school bus transportation, help for newcomers to Canada, I want to keep working on the mental health help for students and

LIBRARY

Holiday Closures: The Library is closed on January 1, 2019.

Upcoming Programs

Saturday Afternoon Movie: Christopher Robin - Sat., Jan. 5 2:00 - 3:45 pm

Bring the whole family to enjoy this movie. It is about the young boy who loved taking adventures in the Hundred Acre Wood with a gang of spirited and lovable stuffed animals, but he has grown up and lost his way. Now it is up to his childhood friends to venture into that world and help Christopher Robin remember the loving and playful boy who is still inside. Free admission and free

This movie will be shown in the gym of the Port Union Community Recreation Centre.

Lego Fun is a program for children 6 years and up, with their parent/ caregiver. It will be held on Fri., Jan. 18, a PD Day, from 2:00 - 4:00 p.m. Children will have the opportunity to build amazing structures, compete in contests and use their imagination to tell stories about their creations.

9th Annual Bingo Marathon will be held on Sat., Jan. 26 from 1:30 - 3:00 p.m. This multi-generational program is held to celebrate Family Literacy Month and is great fun for the whole family! Bring your friends to play Bingo, win book prizes and enjoy some time together at the library.

Toddler Time will be offered on Wednesdays, from 10:30 - 11:00 a.m. This free weekly program will run from Jan. 23 to Feb. 27 and will include songs, stories, rhymes and fingerplays for toddlers from 19 months to 3 years, with their parent or caregiver. Register in person on Jan. 23 at 10:00 a.m. There is a limit of 15 toddlers.

Monday Night at the Movies is a weekly program for adults and it is held from 6:00 - 8:00 p.m. Come to enjoy some great films and meet new people. The movies are free and you are welcome to bring your own refreshments. The first Movie Night of 2019 will be on Jan. 7.

Knitting and Crocheting Drop-In is held on Saturday mornings, from 9:30 -11:30 a.m. You can come and start a new and fun hobby. Volunteers are available to help you learn new skills and untangle difficult stitches. The first meeting of 2019 will be on Jan 5.

For more program information, consult our "What's On" publication, visit the website at www.torontopubliclibrary.ca or phone Answerline at 416-393-7131.

Toronto Zoo Board of Management

Councillor Jennifer McKelvie

In December, I was sworn in as coun-

cillor for the new Ward 25: Scarbor-

ough-Rouge Park. Our first order

of business on December 5 was to

modify the composition of commit-

tees and boards in order to accommo-

date the reduction to 25 councillors.

The number of councillors that now

sit on most boards and agencies has

learn more about the City of Toronto

boards and agencies, and to investigate

open public appointments, please visit

I'm delighted to announce that I

www.toronto.ca/public-appointments.

committees and boards:

• Budget Special Committee

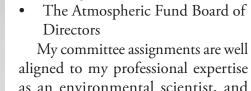
Standing Committee

• Infrastructure and Environment

Executive Member, Toronto and

Region Conservation Authority

• Toronto Transit Commission



as an environmental scientist, and will also allow me to continue my advocacy for investment in Scarborough, particularly for transit. I am very pleased that at our first meeting, Toronto City Council unanimously decided to accelerate

the Vision Zero Road Safety Plan to ensure the implementation of school safety zones by the end of 2019. This investment of \$21.6 million will accelerate and expand the Road Safety Plan through the 2019 budget process. I look forward to keeping you informed about the rollout of the program to schools in Centennial. While serving as president of

been reduced, allowing for a greater Renew Scarborough, I advocated number of citizens to participate. To for the return of municipal jobs to Scarborough and for revitalization of the Scarborough Civic Centre, an important landmark. To show leadership in this area, we have opened our constituency office at the Civic

will serve as vice-chair for Scarbor-As needed, I am also happy to meet ough Community Council. I have with residents at their homes or local also been appointed to the following community centres to ensure I remain accessible. If you have a concern we can help you with, or to sign up for our e-newsletter, please email us at councillor_mckelvie@toronto.ca, or phone us at 416-338-3771.

I look forward to working for you in 2019 and wish you a Happy New Year!



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

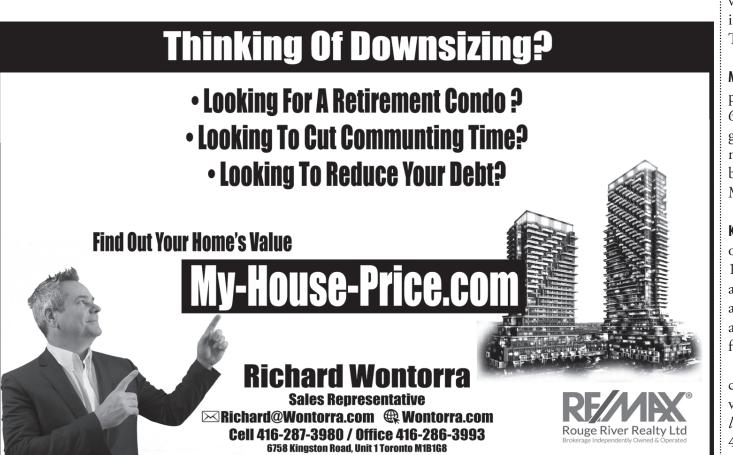
Nuit Blanche will return to Scarborough

The City of Toronto has announced that its annual all-night celebration of contemporary art will be held on October 5, 2019. Created by the city in collaboration with Toronto's arts community, Nuit Blanche will return to Scarborough for its second year.

Art enthusiasts will have the opportunity to experience art at Fort York National Historic Site, Garrison Common and surrounding neighbourhoods in addition to displays in the Scarborough Centre neighbourhood and at Nathan Phillips Square.

There will be Independent Projects and Open Call Projects. Applications for the Independent Project program will be accepted until Thursday, Feb. 14 and until Monday, Feb. 4 for the Open Call Program. The city will hold information sessions for community participation in both programs in January. Location details, application forms and information are available at https://www.toronto.ca/nbto.







https://grandviewdentaldlinle.com/



www.ccranews.com Voice of the Community since 1949 15

MPP Vijay Thanigasalam

PC government committed to ending hallway health care

Happy New Year! I hope everyone had a wonderful and safe December and I wish you all a healthy 2019.

While the Legislature rose in early December, I nonetheless had a packed month. I managed to attend many holiday events in Scarborough–Rouge Park, including the tree lighting at Highland Creek Village and the Port Union Community Centre, the carol singing at St. Dunstan's, holiday wreath-making with the Friends of the Rouge Watershed, lunch with the Port Union Community Centre Seniors, an evening with the West Hill Social Activity Club, holiday bazaars at the West Hill - Highland Creek Lions Club and Charlottetown JPS, and lots more!

Additionally, in Scarborough, I had an inspirational evening with the Canadian Tamil Disability Association and attended a Celebration a number of significant groups and of Life for the late Senator Tobias Enverga – the first Filipino-Canadian elected to office in Toronto and later the first appointed to the Senate of Canada. I also wanted to give special mention to the Ukrainian Orthodox Church of St. Anne on Morrish Road



MPP Vijay Thanigasalam speaks with residents at the Community Carol Sing at St. Dunstan of Canterbury on Dec. 9.

that celebrated its 60th anniversary in late November.

stakeholders that have interest in or affect our riding. I met with representatives from the tourism industry, including two from Centennial first step and the government plans for help. We can be contacted at 416-283-College, since we have a few significant tourist destinations in our community as well as Centennial College, which

has a top-notch hospitality program that attracts students from around the world. Additionally, I had an informative meeting with Epilepsy Toronto to talk about how the government can support people who can better protect consumers.

This past month, I had many discussions surrounding health care with constituents and service concern for many in our community as there are long wait times at hospitals and for long-term care homes. Our government is committed to ending provides amazing care for many of our hallway health care and, as you may I had the opportunity to meet with already know, we've committed the funding for 6,000 new long-term care certainly be advocating for responsible beds in Ontario of which 353 will be in Scarborough with an additional 129 to be redeveloped. This is just the 15,000 total new beds over the next five years and 30,000 over the next

closest to us and their numerous satellite sites have joined into one organization called the Scarborough Health Network. This will allow them to provide better service more efficiently have epilepsy and their families. I to the community. I had a productive also met with representatives from meeting with Liz Buller, the President real estate associations to discuss and CEO, to talk about the needs for potential improvements in their SHN and how the government could industry and how the government help them meet the needs of their patients over the coming years. I also had the opportunity to hear from many service providers at a mental health roundtable hosted by my colleague providers. I realize this is an area of Minister Bethlenfalvy. Additionally, I had an inspirational tour of Providence Healthcare which, while on the other end of Scarborough from us, still constituents, some of whom I had the pleasure to meet during my tour. I will investment in Scarborough's healthcare needs over the coming years.

In Scarborough, the three hospitals

My staff and I are always here to 8448 or vijay.thanigasalamco@pc.ola. org and the Constituency Office is located at 105 – 8130 Sheppard Ave.

Port Union outdoor sports pad is ready for action!

By Kathy Rowe

What? Have you noticed the amazing new outdoor addition to There is a new multi-purpose sports pad equipped with goalie nets and boards. It measures approximately 70° X 30° and it has a plastic mesh floor that is great for roller blades or the pad. running shoes.

Where? The pad is located behind the community centre just west of the skate park. It was put together during the summer. Like the skate park, the so this will provide opportunities for pad is not lit after sundown. Play children, youth and adults to freely hours are during the daytime.

Why? This feature was an in-kind

How? The sports pad will fill an enormous gap in terms of usable recreation space. There is no large gymnasium at the Port Union C.C.

donation as a result of the Scotiabank NHL sports pad that was set up in the Distillery District Fan Zone the Port Union Community Centre? in celebration of the 2016 World Cup of Hockey. Rob McMulkin, Community Recreation Programmer at the Port Union Community Centre, was instrumental in acquiring

access a variety of sports within their

Hockey sticks and balls are available flood the sports pad in January so that to borrow from the community centre. Just visit the main office and we will get them for you.

Weather permitting, we hope to we can have pleasure skating for our Winterfest celebration on Saturday, January 26. Stay tuned.



Rob McMulkin, Community Recreation Programmer at the Port Union Community Centre, was instrumental in acquiring the new sports pad.

MP Gary Anandasangaree

In November, an incredible 91,000 jobs were created

Happy New Year, Centennial! I would understandably different. Starting like to begin by thanking the members in January, Centre Block, home to of our community who took it upon both the House of Commons and themselves to make the holiday season the Senate of Canada, will undergo in Scarborough-Rouge Park extra a 10-year renovation and modernizaspecial! From our public health-care tion. Since opening on July 1, 1927, and emergency services workers who dutifully gave up their Christmas countless historic debates and signifimorning and New Year's Eve to ensure cant national decisions, many of which the safety of our community to our have forever shaped the landscape of local leaders who organized holiday craft and bake sales to help spread some holiday cheer, your efforts are truly appreciated by all.

Community Pancake Breakfast and Toy Drive

In December, Team Gary hosted our first-ever Community Pancake Breakfast and Toy Drive at St. Mother Teresa Catholic Academy. I am pleased to announce that the event was a tremendous success! Thanks to the generosity of local community members, Team Gary was able to donate a number of children's Christmas toys to the Scarborough Health Network as well as to our local women's shelter.

Job Growth and the **Canadian Economy**

In November, an incredible 94,100 jobs were added to Canadian economy - 89,900 of which are full-time positions! This record-setting boost to our economy has reduced national unemployment to 5.6 percent, the lowest it has been since Statistics Canada began tracking data 40 years

Earlier this month, I attended the grand opening of Sakara Wood Inc., a brand new manufacturing facility here in Scarborough-Rouge Park. The owner, Mr. Baskaran, cited the strength of the Canadian economy as one of the reasons he decided to open his new facility.

I am proud to work with a government that continues to create policy designed to drive economic growth and help businesses like Sakara Wood Inc. succeed.

Closure of Centre Block

On December 9, as Members of Parliament rose from their seats in the House of Commons, things felt

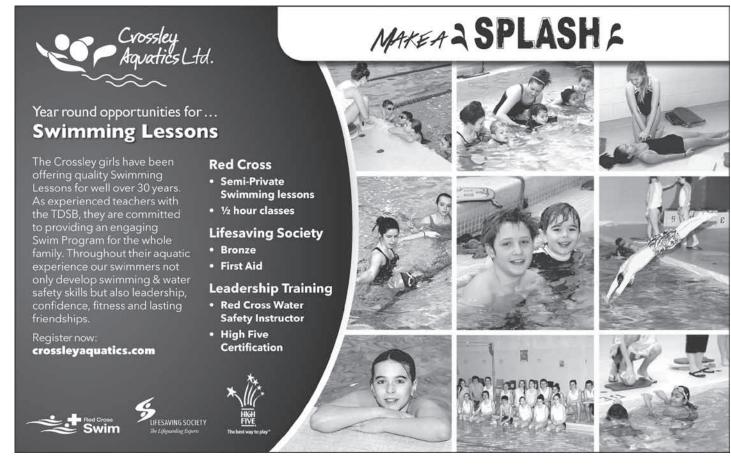
Centre Block has been the home of our country. From famous speeches by Winston Churchill and Malala Yousafzai to the drafting and implementation of the Canadian Charter of Rights and Freedoms, the history that has unfolded within Centre Block is undeniable. Closing the doors of Centre Block for 10 years will seem like a lifetime, but I look forward to the day our national treasure is reopened and the history of our country continues to once again be written within its walls.



mas with our community.

1414 or Gary. Anand@parl.gc.ca. We happy and healthy 2019! are always happy to hear your ideas,

For those of you who would like to assist you with various federal services connect with my team, I encourage or answer any questions you may have. you to contact my office at 416-283- Please accept my best wishes for a





Exercise of the Month

The Squat

Squatting is an effective exercise that works the most amount of muscle at once.

- Stand straight, keeping your shoulders straight, and legs are spread shoulder
- Bend down slowly, as if you are about to sit down on a chair, keeping your back straight and your stomach tight. Look straight ahead and bend down approximately to a 45 degree angle, depending on your strength and balance.
- Hold the sit position for 2 to 3 seconds and slowly return to the standing position.

Complete 10 repetitions without stopping and repeat three times. This exercise can be done daily.

The best exercise is the one you will continue to do throughout the year!

Before starting an exercise program, always check with your physician or physiotherapist

Lucie Sciberras is a CSEP Personal Trainer and Fitness Consultant at the Port Union Fitness



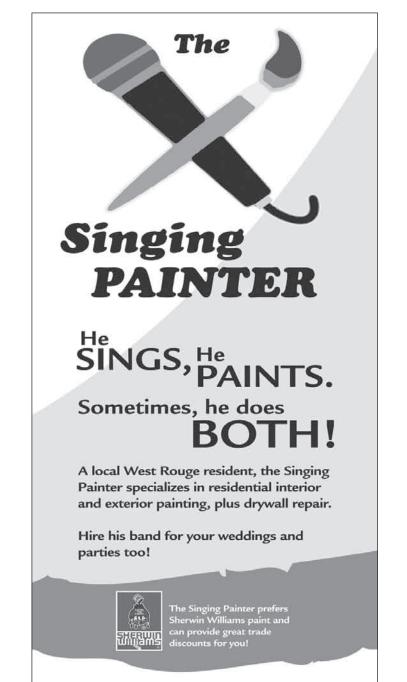


Licence





to ensure it's safe for you to begin.



Windows •Doors & Locks

Fences & Decks

 Electrical Roofing Plumbing

Insured

Kitchens

Bathrooms

Basements

Eavestroughing

DOWNSPOUT DISCONNECTIONS AVAILABLE

Home Improvements

Basement

waterproofing

NO JOB TOO SMALL

For a no charge estimate call Alan Megahy at:

416-266-3434

info@husbandforhire.com

41 Holmcrest Trail, Scarborough, ON, M1C 1V6

Humour

The lingerie-loving squirrel

By Don Lawrence

My neighbour's neighbour isn't talking to her. I had to ask why and here's her story:

"I was on my way to the Summer Concert series when I heard some noise from the back deck," she began to tell me, "so I went to see what was going on. I had put some of my more delicate laundry to dry on a rack. The kind that stands low to the ground. Wouldn't want my underwear to be visible to everyone."

I nodded.

"Through the window, the rack appeared to be moving on its own. So I opened the patio door for a better look and the culprit was staring right at me from underneath the rack. He was trying to steal my bra! Yanking it with both front paws and teeth; off he went. I of course let out a yell to scare him, but to no avail. Before I could do a thing, the squirrel had taken the bra strap in his mouth and started running away! I ran after him yelling,



'come back you thieving critter!" I gasped.

She continued. "At the same moment I noticed my neighbour, Ed, waking up from a nap in his lawn chair, but I sure wasn't going to let my most expensive lingerie disappear into any squirrel's nest. So I grabbed a broom that was leaning on the wall of the shed and tried to reach the running bra with it."

running like a sprinter, holding the broom like a knight in a jousting tournament and a squirrel dashing through the garden in front of her.

"But why doesn't your neighbour talk to you anymore?" I asked.

She sighed. "I heard the door slam which must have been Ed going indoors. At that moment I got a hold of the bra with the broomstick and admit, so I suppose he did not see the

that stopped the squirrel. I grabbed the other strap with my hand and pulled, and can you believe it—the squirrel wouldn't let go!"

"And?" I asked impatiently.

"Well, I won eventually and got my bra back. While walking back to the deck I noticed my neighbour's wife by the fence. She asked if I knew what happened to Ed. I said 'no, I didn't notice anything,' hiding the bra I could imagine the sight. Her behind my back. 'What's the matter?'"

> "I'm worried about him," Ed's wife said, "he just ran into the house and yelled that your bra was running away from you and you were flying after it on a broom. He ran to see through the window and said you and the bra were fighting, because the bra did not want to come back."

"Well the grass was a bit long, I

squirrel, especially when the sun was already going down. The white bra must have been quite visible, though hopping along the lawn. And if you think of it, I was holding the broom to my side. But to say I was flying with it... Now that's a bit much.' "Oh, well wow!"

I said

She shrugged. "Perhaps I should discuss the matter with his wife so as to keep our good neighbourly relations and maintain my reputation so he doesn't go about telling people I fly in the garden with a broom, chasing runaway bras."

"Perhaps."

Do you have a humorous story about our neighbourhood, a person you know or just something that would be of interest to our readers? If you do, please submit it to news4ccra@ *qmail.com*. All submissions will be reviewed.



ET

ROP

TICA 5 5 0 2 L

WRENCEA

VEEAST

Renovated

Optometry Office



HAPPY 2019!!

To thank all of our clients and wish you well for a new year, please drop in for a cup of cheer on Saturday January 19th!

Please call 647-922-7211 for more details 271 Old Kingston Road (SE corner of Military Trail and Old Kingston Rd.) www.theclayemporium.com



* Evening & Saturday Appointments Available *

Eye Exams by Licensed Optometrist

Centennial Plaza 5502 Lawrence Ave East, Scarborough, M1C 3B2

Port Union

Retinal Imaging & Visual Field Analysis

Digital Visual Acuity & Auto-refraction

Eye Glasses, Frame Repair & Adjustments

We Fit Multifocal & Toric Contact Lenses

Quality Products & Excellent Service

Licensed Optician for all your eyewear needs

5502B Lawrence Ave. E. | 647-343-GOLD (4653) | portuniongoldshop.com

COMMUNITY EVENTS CALENDAR Date & Location Organizer **Event Event Details** Contact Please feel free to attend and find out what the CCRA is working on for the Kathy Rowe Tuesday, January 8th at 7:15 pm **CCRA** executive meeting Port Union Community Centre betterment of your community. Scarborough Garden & **General Meeting/Free** Wednesday, January 9, at 7:00 pm "Historic Gardens of Spadina House" by Wendy Woodworth- Heritage www.gardenontario.org **Horticultural Society** Scarborough Village Recreation Centre Horticulturist. Guests welcome- Doors open at 7pm Saturday, January 26 from 11 am - 3 pm Vendors interested in showing your goods in our Winter Market, please visit portunionwinterfest.com Winterfest Committee **Port Union Winterfest** at Port Union Community Centre. portunionwinterfest.com/wintermarket to register. Featuring: Our prix fix menu including haggis \$55.00. Sean McKweown, Saturday, January 26, Bar opens 5:30, Dinner Miller Lash House **Robbie Burns Night** pipe major, Toronto Police Band, Highland dancers from Sheryl Joyner dance | www.millerlashhouse.ca 6:00, Performers 7:00 pm. 130 Old Kingston Road tudio, single malts and fine wines, Burns poetry and sing song. Valentine luncheon Tuesday, February 12, at 1:00 pm Valentine Charcuterie luncheon and Tanjay/Alia fashion show. 416-283-1844 St. Dunstan Anglican Church St. Dunstan of Canterbury Anglican Church and fashion show website: www.stdunstan.ca Membership Chair, 416-282-7202 West Hill - Highland Creek Last Tuesday of the month Meeting and drop-in of the Lions Club Membership Meet & Greet Lions Club 7 pm, Heron Park CC., 292 Manse Rd. website: www.lionsclub.ca **Monday to Friday,** 9 am - 4 pm, Port Union CRC, **Port Union Seniors** Port Union Seniors Centre Drop-in activities and classes for Seniors 416-396-4034 Marilyn 416-284-9984 Cancer Support Group **Breast Cancer Support** Last Wednesday of the month Support group for women with Breast Cancer Scouts weekly meetings focusing on outdoor activities, special quests, 2nd Highland Creek Beavers and Cubs Tuesday; Scouts, Venturers and 2nd Highland Creek Scouts Barbara Broadley 416-724-0416 couting Groups Rovers Thursday.- Charlottetown Jr. PS community outings & weekend camps.

To submit your community event, email details to: webmaster@ccranews.com

Advertisers

The dealine for advertising submissions is the 10th of the previous month

Email Kelsey Dorval at ccra-advertising@hotmail.com



HILLS*, SALAH LLP **Barristers & Solicitors**

R Gordon Hills, B.A., J.D.

1168 Warden Avenue Toronto, Ontario Canada, M1R 2R1

Tel: 416-752-7078 Fax: 416-752-8769



416 618 - 4522

Building & Property Services SNOW CLEARING, Sign—up now and Save! PAINTING, PAPERING, STAINING TILING, GROUT REPAIR, CLEANING LEAF CLEAN – UP & SHREDDING SHRUB TRIMMING - TREE PRUNING GENERAL MAINTENANCE SERVICES NEED HELP WITH SOMETHING? 416 618 – 4522 Call Larry

Valentine luncheon and fashion show at St. Dunstan

from the luncheon will be used for 416-283-1844 for tickets.

St. Dunstan is having a Valentine expenses at Girls Night Out, which Charcuterie Luncheon on Tuesday, will be held on Saturday, October February 12 at 1 p.m. There will 19. We are sponsoring research into be a fashion show from Tanjay/Alia cardiovascular disease at UOIT and and crafts for sale. The tickets are the proceeds from Girls Night Out \$20 each and are available from the will be shared between the univer-St. Dunstan office. The proceeds sity and St. Dunstan. Call us at

MUTED VOICE

Writing propels my spirit. It allows my voice to float free. Be heard without moving my lips.

> In complete silence, ..my heart speaks.

> > ©artsy_senior

Mario Dimain

Distribution

Distributors needed to fill in for snowbirds

Now that the

Christmas season is

over, we settle firmly

into the cold, blustery

and snowy winter

season. This is the

By Wanda Wierzbicki



Wierzbicki

time of year that many of our regular distributors leave us for warmer climates. The "snowbirds" are those lucky people who are golfing, playing tennis, walking on the beach or just reading a book in the shade while sipping a cold drink. We all wish we could join you.

This is also the time of year that I try to keep track of who is away and for how long. Right now the CCRA Distribution team could use some additional help. So if you have ever wondered what it is like to distribute the CCRA Centennial News, this is your chance to try it out for a few months. Most of the routes have an average of about 40 homes and take less than an hour to distribute. A walk on a crisp winter day can be very enjoyable.

Remember that high school students can earn one volunteer hour for every month they distribute a route. If you are interested, please send me an email at distribution@ ccranews.com and I will be in touch.

Protect your trees from salt this winter

As snow and ice accumulate, salt is used frequently to protect people from slipping and falling. However, salt can affect the health of our trees. Sugar maples, red maples, white and Scotch pines, oaks, lindens and cedars are some of the trees that are very sensitive to salt. Here are some ideas from the Toronto Parks and Trees Foundation for protecting your tree from salt:

- Use calcium chloride or calcium magnesium acetate as a de-icing salt, rather than sodium chloride.
- Reduce the amount of de-icing salt by mixing in other abrasives like sawdust, sand or ash.
- Remove snow by shovelling instead of using de-icing salt.
- Plant trees away from areas that are salted.

Scouts

Your food contributions

by Kimberly Roy

For the 36th straight year, the Centennial community has demonstrated its commitment to helping those less fortunate through participation in the 2nd Highland Creek Scouting Food Drive, affectionately named "Scouting for Food."

benefited food bank

On December 1, Scouts went door-to-door collecting donations to benefit the Scarborough Centre for Healthy Communities' Food Bank, culminating in a grand total of 6,444 lbs. of non-perishable goods. With assistance from two other Scout Troops, 11th Bendale and 7th Pickering, youth from all sections participated, from Beavers on up to Rovers.

2nd Highland Creek would like to thank all members of the Centennial community who gave so generously — your contributions helped stock the shelves of a much-needed food bank this year.



- New Patients Welcome
- Comprehensive dentistry for the entire family
- In office implants, from surgery to prosthetics
- In office gum surgery
- Emergencies seen on short
- · Claims submitted electronically

416-282-5213

Corner of Port Union and Lawson roads Get the whole picture online at www.drtabri.com







Heather Lemieux

HAPPY NEW YEAR!

We want to wish you a year full of success, prosperity, happiness and joy!

I would like to take this opportunity to express my heartfelt appreciation to all of those who attended or donated to our First Annual Shoebox Party! It was a huge success and with your generosity, I am proud to announce that we were able to donate over 60 boxes to two local Woman's Shelters, including our own Juliette's Place. This time of year is especially difficult for these woman and their children; being away from home and family over the holiday season is never easy. Together, we were able to make a huge difference in so many women's lives THANK YOU!









If you are thinking of making a move sometime in the future please give us a call. We are here to help





Helping you is what we do. ROYAL LEPAGE







416.284.4751 www.HeatherLemieux.com **70th Anniversary** *continued from page 1*

Your 2019 membership supports Centennial events



It all started at a meeting at Centennial Road School in 1949.

Home and School Association hosted a meeting on the evening of November 8 asking: "Should the Centennial Road School site be developed as a recreation centre?" There was an air of excitement and anticipation in the crowded classroom and a resounding shout of "Yes!" to the chairman's question.

Meetings to develop an organization quickly followed. Representatives of Council and the school board attended a public meeting on November 22 that year, at which time the name of the group became The Centennial Recreation Association.

On February 1, 1950, a committee of 13 members was elected with William Dempsey as the Founding President. Soon afterwards, a constitution was formulated and the association became known as the Centennial Community and Recreation Association. It was incorporated on June 22, 1950, and was Ontario's first incorporated community association.

In the March 1990 CCRA News, Bill Dempsey recalled that first meeting: "Walking home that night, I knew that something magnificent had happened. It was greater than all the people who had participated in the meeting, but its greatness was because it had arisen spontaneously from people of conviction who wanted to build a beautiful, strong community where people would want to live. I also had a feeling of foreboding of the greatness of the task ahead – and that my own life would never be quite the same again."

If you have any stories or know people you think we should cover during our anniversary year, please let us know at news4ccra@gmail.

		3	м
ñ		ñ	
	í	4	\oplus

Website: www.ccranews.com



Facebook.com/ccranews



Twitter @ccranews



Email: news4ccra@gmail.com

Centennial Community and Recreation Association 5450 Lawrence Avenue East, Scarborough ON M1C3B2

CCRA 2019 Membership Form						
It's easy to join or renew your membership. Complete this form, then mail with your annual household fee of \$15. To join online, go to www.ccranews.com to join with credit card or PayPal.						
Name						
Address	Postal Code					
Phone I	Email (for e-news only)					
Check all applicable boxes: I would like to join or renew my annual CCRA mem	pership. I enclose payment for: O \$15 (1 year	r) O \$30 (2	years)			
☐ I support the work of CCRA & have added my donation for \$ Total amount enclosed is \$						
\square I am interested in distributing newsletters in the Centennial community (10 issues per year). Please contact me.						
I am interested in volunteering at CCRA events. Please contact me.						
\square I would like my business listed in the Business Directory on ccranews.com. Please contact me with more information.						
Mail with cheque payable to: CCRA Port Union Community Centre	Drop off at the main office in the Port Union Community Centre.	OR	Join right now online at www.ccranews.com			



5450 Lawrence Ave. East

Scarborough ON M1C 3B2

Port Union Dental Care

Dr. George Trigilidas

5550 Lawrence Ave. East, Unit 14, at the corner of Lawrence Ave. E. and Port Union Rd.

- · Family and cosmetic dentistry in a convenient location
- Digital X-rays
- · All fields of dentistry practiced on patients of all ages
- Child friendly environment
- Convenient hours of operation
- Making your dental visit a relaxed and pleasant experience
 - Family and Cosmetic Dentistry
 - Preventative Dentistry
 - Cleanings and Checkups
 - Mercury Free White Fillings
 - Crowns and Bridges

- Smile Makeovers
- Implants
- Root Canals
- Dentures
- Porcelain Veneers

We Welcome New Patients!



Please call us to book your next appointment $416\,284\,0127$