



Centennial News

A publication of the Centennial Community and Recreation Association

Standing up for her: A love story



Yvonne, baby Marcia and George, summer 1966

Marcia Alderson happily grew up in Centennial with her mother, Yvonne, and her father, George.

By Kathy McGrath

Marcia Alderson fondly remembers her childhood growing up in Centennial. She recalls fishing in Rouge Park, riding bikes with the local kids and interacting with neighbours who became lifelong friends. From the late 1960s to the late '80s she was largely unaware of the realities of racism in Canada.

As she grew older Marcia came to better understand her family's story and the difficult struggle her parents faced to establish their life together. Marcia's mother, Yvonne, immigrated to Canada from Jamaica in the 1950s. She was a hard-working nurse at what was then called Northwestern General Hospital.

Ten years later, Yvonne decided to purchase a house from a builder at Markham and Ellesmere in Scarborough and signed a full-price offer. Her real estate agent, George Hubbs, presented the offer but when the builder learned Yvonne was a person of colour he refused to sell.

George, a Caucasian man, was just as outraged as Yvonne about this turn of events and when Yvonne took the builder to the Human Rights Commission,

George testified for her. Yvonne got the house and George was fired as an agent for the building site.

What started as a story about social justice soon became a love story. George and Yvonne began dating, eventually married and Marcia was born in 1965. Four years later the couple moved onto McCulley Street in Centennial and then moved locally to Langevin Crescent where Marcia lived until she was 22.

"I remember my mother was always treated beautifully when she lived in Centennial," Marcia said. "I don't ever remember anyone treating my family differently." Marcia attended Charlottetown Public School, was part of the first cohort to attend Joseph Howe Senior Public and then attended Sir Oliver Mowat High School. She stayed close to home for university, attending U of T Scarborough.

Having great respect for her father, who passed away in 1982, Marcia followed in his footsteps, working as a real estate agent from age 20. She moved to Collingwood full-time in 2012 and currently works there as a realtor.

While Marcia says her light skin shields her from the racism faced by Black men and women, she

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Roasting coffee became a passion for Centennial resident

By Denise Bacon

Coffee lovers can kick it up a notch. Rich Coffee Co., a new local company, is roasting specialty coffee beans right here in Centennial.

Richard Glynn is a mechanic who has become a Micro Batch Specialty Coffee Roaster. He got his first taste of coffee at nine years of age when his mom stirred up a cup for him. This taste developed into a passion for him over the years.

Working as a mechanic, Richard would drink a lot of coffee to keep up his energy to do his highly physical job. He soon started drinking espresso with friends and he marvelled at the different types and flavours of coffee he tasted. As the pandemic and shutdowns were starting, Richard said he "went down a rabbit hole, exploring online how coffee could taste different and how the taste could be changed."

Chrissy, Richard's wife, recognized that this was becoming more than just a hobby for Richard and she became very supportive and even

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CCRA Executive Team

President – Kathy Rowe 416-283-9987
 kathy.rowe@ccranews.com
 Vice President and Planning- Gerry Divaris vp@ccranews.com
 planning@ccranews.com
 Treasurer – Rob Elbertsen treasurer@ccranews.com
 Secretary – Laurie MacIsaac secretary@ccranews.com
 Membership – Denise Bacon membership@ccranews.com
 Distribution – Wanda Wierzbicki distribution@ccranews.com
 Advertising – Zinta Erdmanis advertising@ccranews.com
 Community Events – Heather Lemieux events@ccranews.com
 Communications – Julie Kish communications@ccranews.com
 CCRA Police Liaison – Kaz Anwar kaz.anwar@ccranews.com
 Conservation – Pam Collins conservation@ccranews.com
 Transportation – Amaan Jabbar transportation@ccranews.com
 Youth Representative – Vishy Anandaraj youth@ccranews.com
 Members at Large – Mark Campbell, Jeff Forsyth, Jake Forsyth, Kathy McGrath, Kathy Rew

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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. Not-for-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 editor@ccranews.com.

Mailing address:
 Centennial Community & Recreation Association
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Newspaper and Web Team

Editor – Kathryn Stocks editor@ccranews.com
 Contributing Editor – Kathy McGrath editor@ccranews.com
 Design and Production – Don Lawrence webmaster@ccranews.com
 Advertising – Zinta Erdmanis advertising@ccranews.com

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CONDOLENCES



Popular jazz musician will be remembered

We are sad to learn of the passing of musician **Chris Daniels**. Chris was the founder, leader and bassist of the Climax Jazz Band, established in 1971. As many of you know, the Climax Jazz Band has been a popular act at our annual summer concert series for more than 15 years. Chris died on January 12 at the age of 84.

The band was renowned for their Dixieland style of music and for decades they were the house band at Toronto's once iconic Chick 'N' Deli restaurant. They travelled the world playing festivals and fundraising events.

Chris was always happy to bring his band out to our concert series. In between songs he would introduce his bandmates and share funny stories with the audience. He was a very charming man with a wonderful sense of humour. He will be missed by many. On behalf of the summer concert committee our condolences go out to his family and friends at this difficult time.



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President's Message

Winterfest succeeded beyond our expectations

By Kathy Rowe

A relatively mild but GREY January is now behind us. I have noticed that many home owners continue to illuminate their homes with holiday lights. This certainly gives our neighbourhood a colourful boost at the end of the dull winter days. I hope the lights will remain through February.

Winterfest Glory!!

Winterfest 2023 returned with a BANG! Thanks to the great attractions and the eager participation by countless families, Winterfest succeeded beyond our expectations.

I want to thank the Winterfest Committee members who invested loads of time and worked hard to bring this event to fruition. The funding from our sponsors was hugely appreciated and we couldn't have held the event without their generous support. Big thanks to the student and adult volunteers. From the ticket sales, barbeque, games to the live entertainment, the volunteers were crucial to the success of Winterfest. A special thanks to the talented performers who took to the stage. They also volunteered their time and we were so pleased to have them perform for our community. The vendors added great variety to the event and it was fun to have them take part. Families enjoyed the free apple cider provided by Deputy Mayor Jennifer McKelvie and the free doughnuts provided by Vijay Thanigasalam. It's always great to have our local politicians participate with our events and engage with our residents. You will see some of the Winterfest fun that was had when you turn to our colourful centre spread.

A fond Farewell

On January 14th Scarborough lost a remarkable and distinguished gentleman. Long before David Onley served as Ontario's 28th Lieutenant-governor, he was a young father of three active boys who lived around the corner from my family in West Hill. I would chat with David and his lovely wife Ruth Ann at the local park where our boys played. We would greet each other at various elementary school functions. I recall Ruth Ann, who has a beautiful voice, singing the Canadian anthem at one of the school's special assemblies. As a couple they exuded such warmth and kindness.

David was a passionate champion for people with disabilities.

His work in this field was renowned right across the country. David will be sorely missed by an innumerable amount of people for so many reasons. He was a true professional and above all else, a true gentleman. I feel very privileged to have known him.



This year's Winterfest Committee. Front row left to right: Jill MacMillan, Ashan Fernando (co-chair), Kathy Rowe and Julie Kish. Back row left to right: Robert Hinz, Dave Madder, Rudy Kirpal, Alex Downey-Ging (co-chair), Kevin Beleskey and Adam Beleskey.

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Food

Yummy pancakes for Valentine's, Family Day or any day

By Kathryn McLean

February days can be like the idyllic winter scenes portrayed on calendars: lumpy snowmen on front yards, lightly falling snow out the window as you sit by a roaring fire, children sledding, families skiing, winter hikes and snowshoeing.

But it can also be terrible. Freezing rain, blowing winds, icy roads, dirty mounds of snow, slushy sidewalks.

With both Valentine's Day and Family Day ahead this month, here's a menu suggestion for a cozy morning indoors together with family.

Homemade pancakes are simple to make, without buying a mix. Kids can easily help, and depending on their age and comfort in the kitchen they can likely prepare most of this meal on their own.

All you need for a basic batch of pancakes are basic ingredients: flour,

eggs and milk for the base, plus baking soda and baking powder to help them rise.

Add a pinch of salt, a spoon of sugar and a splash of vanilla to finish the batter before ladling your pancakes.

This recipe can be used to make waffles as well. Just scoop the mixed batter into your waffle iron and follow the machine's guide to monitor the cooking time.

Serve these pancakes with whipped cream and maple syrup, a simple fruit salad and mugs of hot chocolate to fill out the menu.

A mix of fresh berries with a spoonful of apple or orange juice as a dressing makes a simple salad or topping for pancakes.

Most fruits can be cut into small pieces and combined to make a salad. Try any of these in winter: melon, pineapple, grapes, any type of ber-



Homemade pancakes are easy to make without buying a mix.

ries, orange, mango and kiwi. Add banana, apple and pear just before serving, and add a couple splashes

of apple, orange or tropical juice as a dressing.

Whether for breakfast or lunch (or dinner!?) on Valentine's Day, Family Day or any ordinary day of the week, try this simple pancake menu.

This recipe makes a dozen 3-inch pancakes; double the recipe to make more. Extra batter can be stored in the fridge and used within 2 days, after stirring again.

Add a teaspoon of ground cinnamon or a pinch of nutmeg for a slightly different taste.

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Homemade Pancakes

- 1 egg
- 1 cup milk
- 1 teaspoon vanilla
- 1 tablespoon sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 cup flour
- Pinch of salt

Combine the first six ingredients in a mixing bowl and mix well.

Add the flour and salt and mix again, stirring or beating well so there are no lumps of flour.

Heat a large frying pan, griddle or electric frying pan to medium high. Add a light drizzle of vegetable oil or a teaspoon of butter and let it coat the pan.

Ladle ¼ cups of batter onto the pan. Let the pancakes cook until bubbles form and pop on the surface of each, then quickly flip them over. Cook each pancake another 1-2 minutes until cooked through, then remove to a pan in the closed oven to keep warm.

Community

Special carriers help deliver Centennial News

By Kathryn Stocks

Centennial News is pleased to shine a spotlight on two groups of adults with special needs who deliver the paper to this community each month.

For **Michelle Brown's** clients, delivering the paper is "their job," she said. Their route includes both plazas in Centennial as well as homes on Cameron Glen Blvd., Rozell Rd. and part of Meadowvale.

Michelle is a life coach who takes her six clients out three at a time to deliver. Her clients have cerebral palsy, autism, fragile X syndrome or other intellectual disabilities, and they range in age from their early 30s to 65. The oldest has been with her for 25 years.

"I encourage a lot of independence," she said. "I don't believe in 'can't'. Any age is capable." She lets them decide among themselves who will deliver the papers and who will carry the bag. They've been delivering the Centennial News for at least eight years, and they were fortunate that they were able to continue working during the COVID lockdowns.

They also help the community by delivering Meals on Wheels on Mondays and Thursdays. Some of the seniors who receive the meals communicate with her clients and Michelle



A CCRA News delivery team drops into Mr Beans for a break. Front left to right: Paul, Katie and Christine. Back left to right: Mark, Adam, Corey and team manager Michelle Brown.

beamed that "the engagement between them is beautiful."

Michelle sees herself as a facilitator who is helping her clients grow by keeping them active. On Monday, Wednesday, Thursday and Friday, she takes the group on walks in any weather, and they go out for lunch, go bowling or do drumming. The group picked apples in September and enjoyed exploring farms in the Scugog area. A recent tour of the fire station was a highlight for them. "It was amazing," she said.

Michelle gets paid through the Passport Program at DSO (Developmental Services Ontario). This

program, funded by the provincial government, helps adults with a developmental disability be involved in their communities and live as independently as possible.

The other group that delivers this paper is from the **Pines Adult Day Centre**, a non-profit day program for adults with special needs located at St. Margaret in the Pines Anglican Church. The program has been in existence for about 30 years and it has 25 students and five full-time staff members.

They encourage their students to achieve their full potential in a safe, enriching environment and they pro-

mote independent activities, the assistant program director said. The students range in age from their 20s to their 40s. Some are full-time and others are part-time.

The centre's staff members take out three to four students at a time to deliver the paper. Their route for delivery includes the businesses in Highland Creek and the homes on Acheson Blvd. But this is a small part of their activities. They also deliver Meals on Wheels once a week.

The students are driven from their homes to the centre by van Mondays to Fridays and they stay from 8:30 a.m. to 3:30 p.m. Outings are a big part of their days as well as academics like reading and writing, and activities like baking, singing, playing games and doing crafts. The students have both learning and physical disabilities but the centre keeps them active.

The Pines had to close for many months during the pandemic and it was a difficult time for the centre as a non-profit and for the students who had to hunker down at home. Staff connected with them through Zoom meetings on Fridays where they sang songs and heard stories. "It really wasn't easy," the assistant program director said. They're all glad to be back now, for the sake of everyone's physical and mental health.

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New Business

Richard Glynn's kitchen became a coffee lab as he roasted the beans

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got a little caught up with this new interest. During a long drive during pandemic days, he and Chrissy were chatting about things to do during the lockdown and Richard decided then and there to start roasting his own coffee beans.

Richard bought books to learn about the origin of coffee beans and the factors that affect their quality and taste like location, altitude, soil conditions and processing methods. Being a hands-on person, Richard soon bought a stove-top mini roaster. This is where his hobby really needed support from his family! The kitchen became the coffee lab as Richard tested various beans and roasting methods.

An evening with Chrissy's friends months later evolved into a coffee tasting session. The friends were so impressed with the coffee that they wanted more and encouraged Richard to sell the beans. Fast forward to a West Rouge Shop Local campaign in 2021 and Richard took the plunge to sell his beans.

He and Chrissy developed a logo for the brand-new business venture. Richard had to quickly learn the business side of turning a hobby into a small business. He marketed his small



Richard Glynn has bought a state-of-the-art, Scandinavian designed, energy efficient, electric induction table-top roaster, which can roast 1 kilogram of beans in 9 1/2 to 12 minutes.

bags of coffee beans as perfect stocking stuffers.

"It was insane!" said Richard and Chrissy together. The small stove-top roaster produced only about six ounces of coffee at a time, so Richard had to work long and hard to fulfill the many orders for Christmas 2021. He worked with this small roaster again through the Christmas 2022 season but by then had learned to streamline the process.

Richard has since bought a state-of-the-art, Scandinavian designed, energy efficient, electric induction table-top roaster, which comes with its proprietary computer program to roast coffee beans. It has a capacity of roasting 1 kg of beans at a time in 9 1/2 to 12 minutes.

Coffee is a Canadian staple. However, most people know little about how it gets from the plant into their cups. The beans that are the nut in the coffee plant cherry are processed for specialty coffees most commonly in two ways: washing the fruit off the bean or letting the whole fruit dry so that the bean is affected by the fruit fermenting around it.

The altitude at which the coffee plant grows affects the density of the bean. Higher altitudes generally have cooler temperatures where growth

is slower and leads to denser beans. Dense beans have more desirable, less bitter flavours. The three broad grades of roasting, light, medium and dark, with shades in between each grade, are based on individual preferences. There are several phases in the roasting process where chemical reactions and timing between the phases affect the coffee flavour and the roaster's computer program is essential to the process.

Ever wonder about the little valve built into coffee bean bags? These are one-way valves that allow the beans to "off-gas" after roasting. The optimal time to brew coffee after roasting is one week for the best aroma and flavour. Roasted coffee beans retain their peak freshness for about two months. Only the aroma may be sacrificed over time, but the flavour of brewed coffee remains. Freezing coffee beans prolongs their freshness.

Coffee beans are available in various grades and Richard sells only Specialty Coffee Association (SCA) graded coffee with a point score of 80 or higher. The SCA promotes sustainability and higher returns to the growers than non-SCA graded coffees.

Richard cannot claim that roasting coffee beans is only a hobby anymore! His hobby turned passion has now turned into a successful small business. Richard's dream is to retire from his mechanic job one day and make people happy with his delicious coffees.

Richard can be reached via email at rich_coffee_co@hotmail.com, or Facebook at [RichCoffeeCo](https://www.facebook.com/RichCoffeeCo), or Instagram at [@rich_coffee_co](https://www.instagram.com/rich_coffee_co) or via telephone at 647-388-1426.

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Food, glorious food at Winterlicious

Winterlicious 2023 is taking place in Toronto from January 27 to February 9, providing an opportunity to explore the city's exceptional culinary landscape for the first time since before the pandemic. The return of Winterlicious is good news for restaurants, residents and visitors.

This year Winterlicious will run for two weeks, with prix fixe lunch and dinner menus at more than 220 restaurants. Menus are available at six price points: three-course prix fixe lunch menus are priced at \$20, \$27, \$34, \$41, \$48 and \$55, and dinners are priced at \$25, \$35, \$45, \$55, \$65 and \$75.

Reservations are strongly recommended throughout Winterlicious and can be made directly with partic-

ipating restaurants. Some restaurants do not offer a lunch prix fixe menu on Saturday or Sunday. A complete list of participating restaurants is available by searching online for Toronto Winterlicious 2023.

Only three Scarborough restaurants are participating this year: **Olde Stone Cottage Pub** at 3750 Kingston Rd., **Art of BBQ Smokehouse & Bar** at 2478 Old Kingston Rd., and **Floga Estiatoria** at 1957 Kennedy Rd.

Follow Winterlicious on Twitter (www.twitter.com/LiciousTO), Facebook (www.facebook.com/LiciousTO) and Instagram (www.instagram.com/liciousto/) using the event hashtag #LiciousTO.

New Business

Visit Four Sweets Cookies for your Valentine treats

By Kathryn Stocks

Centennial resident Kirsten Goritsas started baking cookies with her 2-year-old daughter just for fun eight years ago. Her baking began as a hobby but it soon became a passion, and at the end of November she was delighted to open her own store, the Four Sweets Cookies Bake Shop in the CIBC plaza in Highland Creek. The business is named for her four children.

At first, Kirsten sold her cookies and cakes through a Facebook page while she continued her career as a teacher. Then she tried selling at markets, starting with the West Rouge Artisan Market. "I was hooked after that," she said. "I loved the response I was getting for this type of product. It just made people happy."

Soon she rented a commercial kitchen for the prep because the business grew beyond what she could do in her home kitchen. She was still selling on Facebook but three years ago she switched to her first shop, a location she shared with Mark's Pizzas.

Kirsten got to know Mark Alousis when they did markets together. They developed a friendship and business partnership the summer they were selling right next to each other



Kirsten Goritsas at Four Sweets Cookies is planning a variety of Valentine goodies with different price points. Valentine's Day is on a Tuesday so her shop will be open on the Monday before it for fresh baked goods.

at the UTSC Farmers' Market every Wednesday.

They got their business license for the shop a mere three days before everything was closed for the pandemic in March 2020. "The stars were aligned," Kirsten said. If they hadn't received the paperwork from the city, they wouldn't have been able to operate as a takeout location during the

shutdown. "It was a quick pivot to what we initially planned on doing." She was thankful they could share the bills and expenses. "It was a good first first step for both of us."

As her business grew, she scaled back her teaching career and went to half time for a year. "As any teacher will tell you, teaching isn't a half-time job," she said, "so after that I applied for an unpaid leave of absence and de-

ecided to pursue my passion and my dreams." Her husband is also a teacher and was very supportive.

When the lease in their shared store was up last year, she and Mark wondered what to do next. "Do we stay, do we go, does one of us go?" Both businesses had grown and space was tight.

When the unit at the end of the plaza came up, Kirsten decided to take it. "I had so many things I wanted to do. I wanted to do ice cream because I feel like in our immediate community that's kind of a nice thing to have." She's now selling Kawartha Dairy ice cream. To bring more people into the shop, she's planning to offer a coupon for a free ice cream on your birthday.

As well as making cookies, cupcakes, birthday and wedding cakes, Kirsten loves doing workshops, kids' classes and birthday parties. "It's really a perfect match of spending time with the kids, which I miss from teaching, and cookie decorating," she said.

Four Sweets Cookies is located at 371 Old Kingston Rd. at the far end of the CIBC plaza. Special orders for her products can be made by emailing Kirsten at 4sweetscookies@gmail.com or by calling her at 416-286-CAKE.

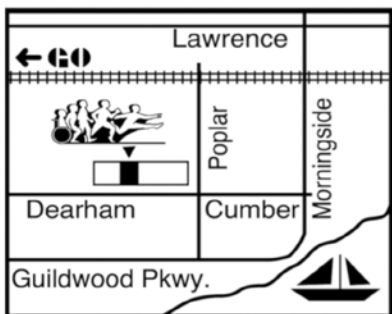
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Trending

Madonna's back on tour, and so are the '80s

By Kathy McGrath

The other day I was walking my dog along Lawson Road when I saw something I haven't seen in quite a while. A young woman across the street was clad in overalls just like I used to wear in the late '80s.

Not only did I wear them – I loved them! The roomy one-piece outfits with the buckled-bib were so comfortable and yet, somehow, managed to look cute. (Mind you, I was younger back then. Sigh.)

This blast from the past should not have surprised me because '80s clothing has made a big comeback. We women of a certain age no longer have to cringe when we look at photos of ourselves circa 1986! The wide shoulders, the suits, the long pleated skirts, the belts – it's all back. Big hair is even rearing its (lovely?) head again.

I remember a time in the mid-'80s when women, itching to climb up the corporate ladder, dressed to emulate their male counterparts. We wore monotone business suits with shoulder pads over top of silky blouses with bow ties. Our big hair, worn like helmets, led us into battle with the male executives.

Like the power shakers on *Dallas* and *Dynasty* (remember Linda Evans and Victoria Principal?), we had big dreams to go along with our big shoulder pads and bangles. In the decades since, time has not looked favourably upon these fashion choices. Until now!

Take a stroll in any Toronto mall these days and '80s fashions are on full display in stores and on young shoppers. Women are CHOOSING to dress this way. My 25-year-old niece



The writer's niece, Meghan Kirkup, and others in Gen Z are rekindling memories of the '80s with their retro fashion styles.

Like the power shakers on Dallas and Dynasty (remember Linda Evans and Victoria Principal?), we had big dreams to go along with our big shoulder pads and bangles. In the decades since, time has not looked favourably upon these fashion choices. Until now!

Meghan (my current style icon) shows up at family gatherings in high-waisted Mom jeans worn, sportingly, with a crop-top and an oversized jacket. And she looks like a million bucks!

In January, she was rocking a chunky hairband and assured me that big hair (with all the accessories) is returning. Not the heavily-permed version we wore back in the day, but a softer version created with Velcro rollers. TikTok is rife with how-to videos for creating the look.

So proudly show your high ponytail, your side ponytail and even your high, side ponytail! I'm sure there's a scrunchie to be found at H&M to hold it together.

A love story

continued from page 1

has become an advocate for change in the Black community. She is the lead singer in a band called Queen M (formerly Motown and Marley), which performs at the main stage in Blue Mountain Village and other Collingwood venues.

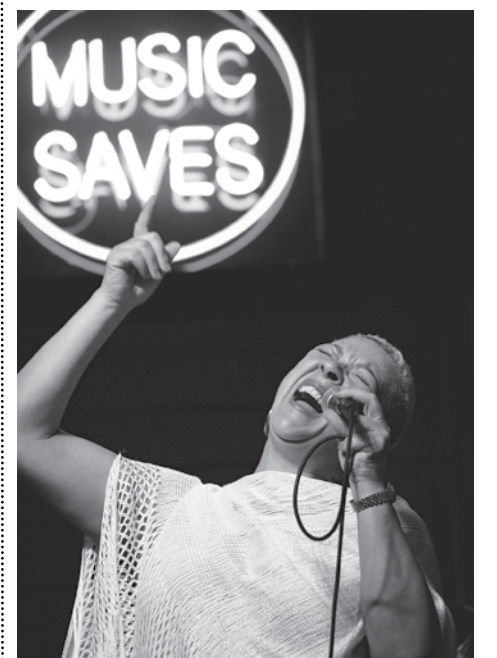
To honour her parents, who are both deceased, Marcia co-wrote the song "Colour of Her Skin," which can be found on the Queen M website. She recently performed at the Royal LePage national conference in Winnipeg and told her mother's story of racism in the housing industry.

Since the death of George Floyd and the Black Lives Matter movement, Marcia said she has "put herself out there." The increased awareness of racism has led people to ask her questions or ask for advice about racial issues that she never got before.

"Having a Jamaican connection, I see myself as someone who can bridge the gap between cultures," she said. If there is a question she can't address, she takes it upon herself to ask her Jamaican relatives for their input.

A recent BLM march organized by high school students in Collingwood attracted 2,000 people, something Marcia finds encouraging.

"Kindness is a gift everyone can afford to give," she said. "I grew up in a wonderful neighbourhood with good solid people. We were in and out of each other's homes and backyards. I always think back to that and what an idyllic way it was to grow up."

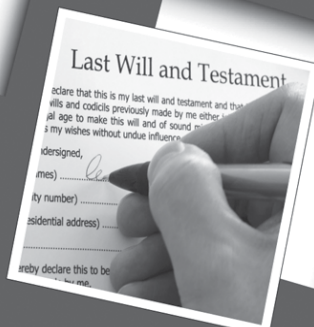


With her Jamaican connection, Marcia can bridge the gap between cultures.

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5524 Lawrence Ave. E.
Toronto, Ontario M1C 3B2



William G. Tatham

416 284-4749 Ext 28

wgtatham@tathampearson.com

Tel: 416 284-4749

Fax 416 284-3086

Email: info@tathampearson.com
Website: www.tathampearson.com

Port Union Library

Holiday Closure: Family Day on Monday February 20

Save these dates for March Break

Button Making: March 15 from 2:00-3:00 p.m. Design your own button for your backpack. This program is for children ages 6-12 years. Call or visit the library to register. Space is limited.

The Amazing Magic Mel: Saturday, March 18, 10:30-11:30 am. This magic show is a drop-in program for school-aged children, provided they can sit unattended. Space is limited and caregivers are not permitted in the room for the program. More details at www.tpl.ca

Join us for our popular programs

Play & Learn: Mondays, 1:30-2:30 (January 9-March 6, excluding February 20)

Our co-sponsored program with EarlyON is back! This is a fun and interactive program for children ages birth to 6 years old and their parents/caregivers. Families will enjoy a variety of activities to help promote early development. EarlyON program information will be available for parents.

Afternoon Book Club: Tuesday, February 7, 2:00-3:00 p.m.

Evening Book Club: Tuesday, February 14, 7:00-8:00 p.m.

Our Book Clubs discuss great books each month. Contact the branch for book lists and more details. This is a drop-in program – all are welcome! Space is limited.

PA Day Program: Friday, February 17, 2:00-3:30 p.m.

We are building bridges out of various materials. How much weight can your bridge hold? Registration required; please call or visit the branch. Limit of 20 children, ages 6-12 years.

Saturday Family Movies: Saturdays, 1:00-3:00 p.m.

Join your neighbours for a family friendly movie. This is a drop-in program. No registration required but space is limited.

Baby Time: Wednesdays, 10:30-11:00 a.m.

This ongoing program consists of bouncing and tickling rhymes, songs and stories for babies from birth to 18 months with their parents or caregivers. We ask that participants arrive early to ensure their spot as space is limited.

Family Time: Fridays, 10:30-11:00 a.m.

Join us on Friday mornings for an hour of stories, songs, and rhymes, followed by a craft. We ask that participants arrive early to ensure their spot as space is limited.

Game Night: Thursdays, 6:30-7:30 p.m.

Join your neighbours for an evening of fun and games: cards, Scrabble, Boggle, Checkers or Chess. Some games provided by the library and donations are accepted.

Knit & Crochet Circle: Saturdays, 9:30-11:30 a.m.

Volunteers are available to help you learn new skills and untangle difficult stitches. Pattern books and magazines are available to borrow.

Book-a-Librarian Sessions: Do you need help downloading eBooks, eMagazines, eAudiobooks? Contact library staff to reserve a 30-60 minute one-on-one session.

The Museum and Arts Pass (MAP):

Sign out a MAP Pass with your adult library card, and you and your family can get free admission to many Toronto museums and other cultural attractions. Passes handed out weekly beginning Saturdays at 9:00 a.m.

For more program information, visit our website at www.tpl.ca, or call our Answerline service at 416-397-5981.

Community

Guidelines for keeping our ravines healthy

By Pam Collins

We in the Centennial community are so fortunate to live surrounded by the natural beauty of one of the largest ravine systems in the world. Although Centennial News has addressed this issue in the past, we have welcomed many new property owners in the past few years and thought that it is important to address this again and help to educate everyone in the care and stewardship of our greatest asset.

For those of us who own property on or surrounded by ravine land, there are many things we should know to help keep this system healthy. Important guidelines for us to follow, as laid out by the Toronto and Region Conservation Authority (TRCA), include:

1. Refrain from dumping garbage, especially large items such as appliances or broken furniture, household items, even soil or dead plants from garden/houseplants or construction debris.
2. Do not empty your pool or hot tub so the water flows into the ravine as this water contains chemicals such as chlorine, bromine or copper-based algicides.
3. Slope your patios and storm drains so water or rain pollution can enter the sanitary sewer connection.
4. Consider manual sprinkler systems rather than automatic systems to avoid sheeting of water down the ravine slopes.
5. Take care in managing the top of the ravine slopes. Natural or native plants help to stabilize the soil and absorb excess water. If dead trees must be removed, leave the stumps because the root systems help preserve stability and also leave a natural wildlife habitat.
6. Keep your own home and yard maintained to protect the ravine system, including getting rid of invasive plants or vines that could kill off or strangle native plants.



View from a deep ravine behind homes on Holmcrest Trail. These homes overlook the east end portion of the Highland Creek Watershed where West Hill Creek and Centennial Creek meet as they flow through Stevenson's Swamp out to Lake Ontario.

Following these basic guidelines will help keep our treasured area ecologically healthy and manage the many strains it faces in this densely urban city. They will also help mitigate climate change in the future. Our enjoyment of our beautiful ravines and trails that make living here so special depends on us.

There are many more things you can do to preserve native plant and wildlife habitats. If you would like to explore more about the stewardship of your ravine property, you can access the site online: The Property Owner's Guide to Healthy Ravines.

Centennial News will be writing more on this topic as we move into spring and the planting season.

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PORT UNION WINTERFEST 2023

Port Union Winterfest was a blast of fun!

By Kathy McGrath

A dog show, musical entertainment and children's games were just a few of the activities at this year's Winterfest event, revived after a two-year hiatus. Shortly after the January 28 festival began, large crowds had gathered, including many young families.

"I think Winterfest is important to bring people together," said Leila Naoum, 9, who attended with her family and a friend. "I especially liked to see the dogs doing their tricks and stuff." The dog show, hosted by Muddy Paws in Guildwood, awarded prizes for best trick, best dressed and best owner look-alike.

New this year was a clothing swap, where shoppers could trade gently used clothing items for the good of their wardrobes and the environment.

First responders with police cruisers and fire trucks were a big draw. Two huge police horses from the mounted unit also showed up to the delight of the crowd.

As with most public events, food was popular, creating long lineups for hamburgers, hot dogs, veggie samosas and pop. Local businesses like Rouge Kitchen, Jac and Jill's Bakeshop, Kool Creations and Baked by Kelly sold items like mac and cheese and sweet treats. Councillor McKelvie's staff gave out hot apple cider and MPP Thanigasalam provided complimentary donuts.

Active kids enjoyed inflatable games like ice Lego and ball hockey, while those who wanted to stay warm got creative at the colouring table. Adults were entertained in the gym by a lineup of musical artists.

It was great to celebrate winter as a community again.

Photos

Top row: Ethan Dias, Tim Goodwin and Simon Thomas of the 2nd Highland Creek Scouts take care of the fire; Juliet and Siyana enjoy colouring; Chris McQuary and daughter Avery say hello to the zoo's Polar Bear; Councillor and Deputy Mayor Jennifer McKelvie greets the police mounted unit.

Middle: clockwise from top left: Elisabeth Walsh from the councillor's office hands out cider; Melissa from Muddy Paws greets Barney; Tristan Green enjoys a burger from the 2nd Highland Creek Scouts; Aaliyah, Georgia and Mia at the clothing swap; Charissa Sooaar helps daughter Kenley and son Ethan catch fish; Aurora the golden retriever wins best costume; Sierra gets creative; Richard Williams and son Rhys enjoy skee ball.

Bottom row from left: Pam Collins (CCRA), University of Guelph student Maria, 43 Division Constable Shayne Worsdale and Wanda Wierzbicki (CCRA) at the CCRA table; a crowd checks out the fire engine.

PHOTO CREDITS:
Kathy McGrath, Denise Bacon,
Don Lawrence





Trustees

TDSB Trustee Anu Sriskandarajah



National School Food Program Needed

In 2020, the Board sent a letter to the federal government advocating for the government to follow through on its commitment to invest in a national school food program. The Board did not receive a response.

In 2022, the City of Toronto increased its funding for student nutrition programs. The Board of Health has also called on the provincial and federal governments to increase funding for school nutrition programs and for the creation of a national school food program.

The pandemic coupled with inflation has increased inequalities and food insecurity. There has been an in-

crease in food bank use. The federal government is consulting on a possible national school policy but has not committed to when it will be implemented. On January 18, the Program and Services Committee asked the Board to write a letter to the provincial and federal governments to highlight the even more pressing need.

School and Community Safety

In December 2022, the Board passed Phase One of the “A Collaborative Approach to School and Community Safety” plan that is set to address the urgent safety concerns in schools and community violence. Phase One includes:

1. Additional resource investments
2. Compulsory learning and compliance training for staff
3. Restorative practice and restorative justice training
4. Safety audit
5. Increase in programming for students
6. Expert table reference group

7. Increase in community partnerships
8. Work with Toronto Police and City of Toronto
9. Update security technologies
10. Advocate for the provincial government to return the Priority Schools Initiative funding

Tamil Heritage Month at the TDSB

Tamil Heritage Month was proudly recognized during the month of January at the Toronto District School Board. January is also the month that Thai Pongal is celebrated. One of the most important festivals celebrated by Tamils, it is a harvest festival that offers thanks to the sun and nature for its crops.

Save the Date: EnVision Conference

The annual EnVision Conference (in-person) will be from Tuesday, February 28 to Wednesday, March 1. The focus of this year’s conference is 2SLGBTQIAP+ Indigenous, Black and Racialized Joy, Intersections, and Futurity.

TCDSB Trustee



Love is the virtue of the month of February. Exciting things continue to happen at the TCDSB.

Our staff and students continue to amaze us with their dedication to Catholic education, learning, and most importantly, spreading love and having fun.

Proclamation

On January 12, at the Student Achievement and Well Being Committee public meeting, a proclamation was passed to declare January 23, as Loretto Sisters Institute of the Blessed Virgin Mary Day.

The 175th anniversary of the arrival of the Loretto Sisters Institute in Canada represents a significant opportunity to celebrate the Order’s enormous contribution to Catholic education in Toronto. January 23 is the birthday of Mary Ward, founder of the institute.

Saint Mother Teresa was also a Loretto Sister. As an 18-year-old, she joined the Order at Loretto Abbey in Rathfarnham, Ireland. The TCDSB’s own St. Mother Teresa Catholic Academy proudly carries on her spirit of charitable works in the Scarborough community.

The Angel Foundation, the official charity of the TCDSB, in partnership with the Loretto Sisters, raises resources for the Loretto Fund to support newcomer students entering TCDSB schools.

French Immersion and Extended French

In-person and virtual sessions will be held in January and February by schools offering French Immersion or Extended French Programs: tcdsb.org/article/959046

Innovative Exemplary Practice Award

Innovative Exemplary Practice Award applications are now open. Each winning school will be the recipient of a \$750 award, which will be directed toward sustaining the project. Principals must submit their applications by March 3.

Night School Registration

Registration opens on January 16 at 9 a.m. and ends on March 3 for both TCDSB and non-TCDSB students. tcdsb.org/continuingeducation

FAQs: tcdsb.org/FORSTUDENTS/back-to-school/Pages/faq.aspx

Questions? Contact: Trustee Garry Tanuan 416-512-3408 or 416-222-8282 ext. 2659 (Constituency Officer Ida Serpe).

2023-24 Seniors Community Grant

The Ministry of Seniors and Accessibility is preparing to commence the 2023-24 application period for the Seniors Community Grant Program.

These Seniors Community Grants will support local not-for-profit community groups and organizations to deliver programs and learning opportunities that

- Keep our seniors and all adults 55+ fit, active, healthy and socially connected close to home
- Promote community engagement that encourages social inclusion for all adults (aged 55+)
- Increase volunteerism and

- Promote employment and entrepreneurship among all adults 55+

The application portal on the Transfer Payment Ontario (TPON) site will be open on January 11, 2023. Applications will be accepted until 5:00 PM on March 6, 2023. Late applications will not be processed.

Local seniors organizations in Scarborough - Rouge Park are encouraged to apply and continue the work they are doing to serve our seniors in meaningful ways.

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Deputy Mayor Jennifer McKelvie, Councillor, Scarborough – Rouge Park

Happy Family Day on February 20!

Despite the colder weather, I hope you've had a chance to enjoy some time outside. Before we know it, spring will be upon us. With Valentine's Day on February 14 and Family Day on February 20 this month, I wish you time well-spent with loved ones.

Black History Month



MP Jean Augustine

In 1979, Toronto became the first municipality in Canada to proclaim February as Black History Month through the efforts of

many individuals and organizations such as the Ontario Black History Society. In 1995, Toronto Area MP Jean Augustine introduced a motion that was passed unanimously by the House of Commons to recognize Black History Month across Canada.

This month in Toronto, we recognize the past and present contributions that Black Torontonians make to the culture, well-being and prosperity of the city, while affirming our commitment to equal rights, opportunity and freedom from discrimina-



Deputy Mayor McKelvie speaking to Grade 10 students about municipal government at Sir Oliver Mowat Collegiate in December

tion here and across Canada.

The City of Toronto, Toronto Museums and Toronto Public Library are offering programming to celebrate Black History Month. Visit toronto.ca/museums and torontopubliclibrary.ca for more information.

CampTO

Registration for CampTO summer programs for children and youth, between the ages of four and 16, begins on February 11, 2023 at 7:00 a.m.

Programming will run from Tuesday, July 4 until Friday, September 1 and will include active games, dance, drama, music, arts and crafts and outdoor activities. More information on programs and availability can be found at toronto.ca/camps.

Recreation Jobs

The city continues to hire for all recreation positions, including skate program instructors, rink guards, facility attendants and gatekeepers, sports,

fitness and swimming instructors and lifeguards. Both part-time and full-time opportunities are available. More information about available positions and upcoming information sessions is available at jobs.toronto.ca/recreation.

Skate Lending Library

The Skate Lending Library is a City of Toronto winter sport program that provides residents of all ages with access to skates, helmets and skating aids.

The mobile lending library will visit various locations across the city and will be at Scarborough Civic Centre/Albert Campbell Square (150 Borough Drive) on Saturday, February 18 from 1:00 p.m. to 7:30 p.m. This schedule is weather and snow-fall-dependent and may change without notice. Use of the Skate Lending Library is free and does not require a reservation. Equipment is sanitized after each use. Visit toronto.ca/skatelending for more information or to check weather conditions.

Stay in Touch

If you'd like to get in touch or sign up for my e-news, please email me at councillor_mckelvie@toronto.ca or call 416-338-3771.



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Fresh eggs, anyone? City wants to know your thoughts on backyard hens

The City of Toronto wants to know what you think about the **UrbanHensTO Backyard Hens Pilot Program**. The program has allowed residents to have urban hens in specific areas and wards of the city since 2018.

Take an online survey to share your thoughts on the program and how you feel about making it per-

manent and city-wide. Your feedback will help to inform a final staff report scheduled for the April meeting of the City's Economic and Community Development Committee.

Learn more and take the survey at toronto.ca/UrbanHensTO. The deadline to submit comments is February 7.

MPP Vijay Thanigasalam

Addressing changes to the Greenbelt



Dear Centennial Community,

I am writing to you to answer some concerns many of you have had regarding our government's changes to the Greenbelt.

Throughout the past few years, I have heard from parents and young people across Scarborough – Rouge Park who are concerned about the future prospect of owning a home. During the past election, I made a commitment along with our government to ensure housing is attainable for the next generation. That is why we are determined to take bold action, which is exactly what we are doing. Therefore, I want to provide the reasoning behind the decisions that have been made.

Ontario's population has reached a historic 15 million people and is expected to continue growing by over two million people by 2031, with approximately 1.5 million of those new residents in the Greater Golden Horseshoe Region. We know the pace of housing construction in Ontario is not keeping up with demand, and we need to act quickly and effectively if we are going to fix this situation. Our per capita housing supply lags far behind our G7 and Canadian peers with which we compete for jobs and investment. Today, Ontario is nearly 1.3 million homes – rental or owned – short of the G7 average. That is why Ontario is in a housing crisis caused by a severe lack of supply.

Furthermore, with the federal government's recent announcement that it will raise immigration targets to approximately half a million newcomers each year, it is especially important that Ontario have the housing supply needed to welcome these newcomers and support existing residents.

That is why our government introduced Bill 23, More Homes Built Faster Act, 2022, which looks to address Ontario's housing supply crisis by building 1.5 million homes over the next 10 years. This legislation will ultimately help build housing within the Golden Horseshoe.

The amendments will particularly:

- Help our cities and towns grow with a mix of ownership and rental housing types that meet various needs, from single family homes to townhomes and mid-rise apartments.
- Build more homes near transit, which supports modern walkable communities where you can live, work and go to school more easily.
- Use provincial lands to build more attainable homes.
- Introduce strengthened consumer protection measures for homebuyers.

We are taking further action to support this goal by making changes to the Greenbelt: 7,400 acres of land were removed, which only affects 0.37% of the Greenbelt. Given their locations near existing settlements and transit, it makes sense to remove these lands.

At the same time, we have also added an additional 9,400 acres to the Greenbelt, including a portion of the Paris Galt Moraine and 13 urban river valleys in the Greater Golden Horseshoe. This net expansion of the Greenbelt would provide new protections for prime agricultural lands to support a healthy and vibrant agricultural system, and capture natural features such as wetlands and woodlands adjacent to moraine functions area.

This is not the first time the province has adjusted the Greenbelt's boundaries. The previous Liberal government quietly carved into the Greenbelt 17 times during their time in office. Unlike our changes, these carve outs were not done for the primary purpose of accommodating new housing that is desperately needed. Several of the sites removed from the Greenbelt in 2017 by the Liberal government are now designated as commercial zones, intense recreation zones, or have massive residential mansions featuring swimming pools and tennis courts built on them.

In contrast, the lands that we identified for removal had to meet very clear criteria such as being adjacent to an existing urban area and being on or near readily serviceable land, with local infrastructure upgrades needed to service the projects to be funded entirely by the proponents. With these lands removed from the Greenbelt, the landowners are expected to develop detailed plans to build housing quickly. It is our expectation that new home construction will begin on these lands by no later than 2025, and that significant progress on approvals and implementation must be achieved by the end of 2023.

Furthermore, it is our expectation that at least 10 percent of these homes be attainable/affordable. In order to build complete communities, proponents will be required to develop and bring forward detailed plans for these sites that include public infrastructure such as stormwater management, roads, active transportation, community centres, schools, hospitals and long-term care components. Proponents will still be required to get the necessary approvals to ensure adequate protection of the environment before any construction could begin.

We have been clear from the start that we will only move forward if these conditions are met. If we are not satisfied with the plans brought forward, our government is prepared to return the properties back to the Greenbelt.

Therefore, I am proud that our proposal will support our municipal partners' plan for responsible growth and help build housing faster and in a targeted manner, while leading to an overall expansion of the Greenbelt. Our government has always taken a balanced approach to helping our municipal partners plan for responsible growth and build housing where it makes sense while also protecting the environment. This is part of my commitment to help ensure Ontario continues to be the best place to live, work and prosper.

I want you to know that I have heard your concerns, and it is my hope that this may address some of the questions and concerns that many of you have expressed regarding our government's housing plan.

If you have any questions or concerns, please reach out to our office at 8130 Sheppard Ave. East Unit 105, by email at vijay.thanigasalam@pc.ola.org, or give us a call at 416-283-8448.

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Hosted by
MPP Vijay Thanigasalam

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MP Gary Anandasangaree

Canada's new strategy for the Indo-Pacific region

Today, the Indo-Pacific region accounts for over four billion people, \$47.19 trillion in economic activity, and is the world's fastest-growing region. In less than two decades, the region will make up more than half of the global economy and will present Canada with significant opportunities and challenges.

Our new Indo-Pacific Strategy outlines nearly \$2.3 billion in investments designed to deepen our engagement in the region. These investments will create good jobs here at home, provide opportunities for Canadian businesses, and accelerate the transition to a clean economy by leveraging and expanding Canada's expertise in areas like critical minerals.

Given that the stability of the Indo-Pacific is essential to global stability, Canada will reinforce its Pacific naval presence and increase Canadian Armed Forces participation in regional military exercises. We will also enhance our cooperation with Japan and South Korea and work with our Arctic partners to uphold our Arctic sovereignty.

The decisions made in the region will impact Canadians for generations, and it is critical that Canada has a seat and voice at the table. I encourage you to read the full strategy.

Reducing Child Care Fees by Half

Across Canada, we have seen our Child Care Plan help parents with affordability, create new jobs and child care spaces, bring women into the workforce, and ensure our children have the best possible start in life. The end of 2022 saw fees for licensed Ontario child care operators reduced by an average of 50 percent. By bringing prices down to an average of \$23 per day, Ontario families will save as much as \$6,000 per child yearly.

Canadians can ill-afford to lose these gains. That is why we introduced Bill C-35 to enshrine the principles of our Early Learning and Child Care System into law and to provide long-term, predictable funding to our partners. With strong federal investments in child care, we are well on our way to achieving the \$10-a-day target by 2025-26.

Making Canada a Leader in EVs

Canada is positioned to become a global leader in building electric vehicles thanks to its skilled workforce and rich critical mineral deposits. As the world transitions to a net-zero economy, our Critical Minerals Strategy will leverage Canadian



Canada's new Indo-Pacific Strategy outlines nearly \$2.3 billion in investments designed to deepen this country's engagement in the region.

nickel, lithium and aluminum to create good, middle-class jobs that workers can rely on.

As of today, Canada's battery supply chain is ranked second in the world since being the fifth-best in 2021. When electric vehicles are made from Canadian minerals, assembled by Canadian auto workers, and powered by Canadian-made chargers, we secure and create jobs, grow our economy, and protect the environment.

To help more Canadians shift to electric vehicles, we will continue to

expand our Incentives for Zero Emission Vehicles (iZEV) program, which provides up to \$5,000 to purchase or lease an electric vehicle. We will also continue to build our Canada-wide EV charging network.

Connect with Us

As always, my team and I are happy to hear your thoughts, answer any questions, and assist you with any federal matters. You can always contact my office at 416-283-1414 or Gary.Anand@parl.gc.ca

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Community

Rouge Butterflyway is looking forward to another lovely year

By Karen Heisz

Following the success of our native plant sale last spring, members of the Rouge Butterflyway are excited to announce that we will be organizing another one this year for the Centennial and West Rouge communities!

Everyone enjoys watching butterflies gracefully flit from one flower to another in their garden, and many types of flowers supply nectar for them. However, most caterpillars are very picky and rely exclusively on one or more plants for their food, most of which are native plants and not commonly found at garden centres.

The Butterflyway Project focuses on adding native plants to our landscapes so that there is more food for caterpillars, leading to larger butterfly populations. And, lest you worry that these caterpillars are going to take over and eat your whole garden, fear not. Caterpillars are highly nutritious and are the favourite food of baby birds! So, not only will you be helping to improve our butterfly populations, you'll be supporting our songbird population, too.

Watch for our list of plants for sale in March. Prepaid orders will be accepted throughout April and the plants will be available for pick-up in late May or early June, depending on



The Butterflyway is planning another native plant sale for your gardens this spring.

the weather this spring. Any proceeds from this plant sale will be used to buy native plants for the gardens at Sir Oliver Mowat and the Tony Stacey Centre.

To receive the plant list and order form, please send an email to rouge.butterflyway@gmail.com and we will share it as soon as it is available. We also welcome anyone willing to spend a few hours each season helping with the planting and maintenance of the gardens at Mowat and the Stacey Centre.

Thank you for supporting our efforts to build an even larger and more connected Butterflyway. We want to pass the 100-garden mark this year – will you help us?

Book Review

Powerful protagonist seems to jump off the page

By Julie Kish

At Last Count
By Claire Ross Dunn
Invisible Publishing, 2022

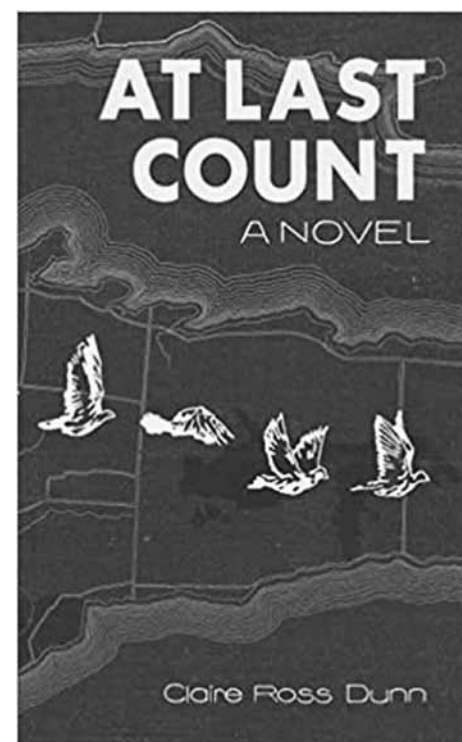
At Last Count is Toronto writer Claire Ross Dunn's first novel, but she is no stranger to the Canadian writing scene. She is an accomplished TV scriptwriter who has worked on *Degrassi*, *Little Mosque on the Prairie*, and several rom-com movies. This experience may have given her the skill to create the powerful protagonist in *At Last Count*. The character of Paisley Ratchford is so masterfully written she seems to jump off the page.

Unfortunately, the lawyer assigned to her case is Garnet Mulligan, the classmate who bullied and tormented her ceaselessly. To find a place to live, she will have to return to Amherst Island and face all the sources of her childhood trauma.

As the story begins, Paisley, a single 39-year-old woman, is about to be evicted from her soon-to-be-demolished Toronto apartment. She has lived in the building for her entire adult life and hates any kind of change, so her housing crisis has left her paralyzed with indecision.

As her anxiety increases, Paisley experiences a full-blown resurgence of the obsessive-compulsive disorder that has plagued her since childhood. She refers to herself as "a big bag of crazy." When stressed, she is haunted by images of fires breaking out everywhere and is convinced she must count everything in sets of eights to prevent catastrophe. The counting, the repetition and the rules are exhausting and all-consuming. At times the OCD symptoms prevent Paisley from leaving her home.

With nowhere to go, she decides to explore the option of returning to her vacant childhood home on Amherst Island. Traumatic memories from her childhood and recollections of her mother's mental health problems have kept her away from the island for twenty years. Since she doesn't own



the house, she contacts the local law firm that manages the property. Unfortunately, the lawyer assigned to her case is Garnet Mulligan, the classmate who bullied and tormented her ceaselessly. To find a place to live, she will have to return to Amherst Island and face all the sources of her childhood trauma.

At Last Count is a masterfully crafted, captivating page-turner. It's a character-driven story, and what a fabulous character we are given. I root for Paisley from the beginning and have the urge to wrap my arms around this heartwarming soul and tell her everything will be okay.

The first chapter is set in present-day Toronto, and the next one is on Amherst Island when Paisley is 13 years old. The chapters alternate with this back-and-forth timeline, giving the readers insight into the root of Paisley's challenges.

Parts of the novel are autobiographical in nature. The author had OCD symptoms when she was younger, which may have contributed to her highly empathetic portrayal of the disorder. The author describes the painful, spiralling process of living with OCD with particular authenticity.

The novel is also a nod to Amherst Island, a real island on the eastern side of Lake Ontario. The author was first introduced to the island when visiting some of her husband's family members, and the island's majestic beauty inspired her to use it as the setting for the novel.

This may be Claire Ross Dunn's first novel, but I hope it isn't her last. I thoroughly enjoyed devouring this book. As a nod to Amherst Island, enjoy this book with a glass of Prince Edward County wine.

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Curling

Tam Heather Curling & Tennis Club celebrates 50 years

By Kathryn Stocks

The Tam Heather Curling & Tennis Club is celebrating its 50th anniversary this year.

For the kickoff event on January 13, a piper led the youngest curlers and charter members onto the curling rink where a ceremonial rock to usher in the next 50 years was delivered by charter member Barb Fernandez; an anniversary cake was cut by Kurt Hering for the tennis club and Joan Fairman for curling; Councillor Paul Ainsley delivered a congratulatory plaque from the city; a bright new banner was unveiled; and a champagne toast to the past, present and future was made by club president Dave Muir. The tennis club also celebrated the anniversary even though it started two years after the curling club.

On January 23, Tam Heather was one of the clubs across the country hosting curlers in the Strathcona Cup. This is the longest running curling event between Scotland and Canada, and it was celebrating 120 years of friendly competition. Sixty Scots split into three groups of five teams that played in the Maritimes, western Canada, and Ontario and Montreal, and 1,400 Canadians played against them.

In April, Tam Heather will be holding its big 50th anniversary dinner for current and former members of the club.

From the original 432 charter members, Tam Heather now has a record number of members with 720 curlers and 410 tennis players. It is on a sound financial footing even after all the COVID lockdowns and the collapse of the tennis bubble. Here's to Tam's next 50 years!



Top right: A toast to the past, present and future of the Tam Heather Curling & Tennis Club was made by President Dave Muir, right.

Top left: The Little Rocks are the youngest curling group at Tam. From left to right: Marni Bates, Keegan Bellshaw, coordinator Alison Harris, Nolan Thornes, Quinn Leneeuw, Bella Achtymichuk, Charles Bates, Katlyn Bellshaw, Gigi Achtymichuk, and Aerilyn Papp.

Lower left: The 50th anniversary cake is cut by charter members Kurt Hering from the tennis club and Joan Fairman from curling.

Bottom left: Tam President Dave Muir holds the 50-year congratulatory plaque from the city, which was presented by Councillor Paul Ainslie.



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Community

Mental Health Matters: Enrich your life by addressing loneliness

By Althea Fernandes

With reminders of Valentine's Day all around, this holiday can bring up feelings of loneliness in individuals who do not have a partner to spend this day with. However, there are a number of other causes of loneliness such as moving away from home, ending a relationship with a long-term friend or spouse or grieving a death.

While everyone feels lonely from time to time, being alone too much can negatively affect your physical, mental and emotional health. Studies have found that loneliness can be almost as harmful to your health as smoking 15 cigarettes a day and has been linked with low self-esteem and mental health conditions like depression.

While loneliness can cause people to feel empty, alone and unwanted, sometimes our mindset about relationships and friendships can also make it difficult to form connections with other people. And so, if you are feeling isolated and lonely, there are ways to overcome loneliness in healthy ways.

First, recognize and acknowledge your need for connection.

Acknowledging your feelings of loneliness and recognizing that it is not a character flaw is the first step to building connection. Try to identify what is contributing to your feelings of loneliness, i.e. could it be because you miss your family or friends or because you haven't met new people or because your social support system has dwindled over time?

Then, define what "connectedness" means to you.

Research has shown that a satisfying life is about more than how many friends and family you have. To start working on this part of your life, ask yourself:

- What does being "connected" mean to me?
- When do I feel most connected?
- How do I know when I'm disconnected from others?
- How have my past experiences with loneliness influenced my current behavior/attitude towards being alone?

Then, start making a plan to address your needs.

It is challenging to make friends as an adult, so consider connecting with people through hobbies. Look for community or volunteer activities to participate in or join some of the supportive Facebook Groups in our area to connect with people with similar interests. From book clubs and community service projects to hiking groups and business societies, you will likely discover there are many ways to connect with people.

Remember, loneliness is not a sign of weakness, but if you're feeling it, it's important to address it.

When you're feeling lonely, it can be tempting to stay in your comfort zone and avoid reaching out to others. After all, we all want to be surrounded by people who accept us as we are without judgment or criticism. While feeling lonely is a normal part of life, if you find that you're experiencing loneliness often, it may be a symptom of depression or other mental health issues and it may be time for you to start addressing it.



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Sign up for CCRA's e-blast updates

By Kathy Rowe

Every month our communications chair, Julie Kish, sends out an excellent electronic news flash to those who have subscribed to receive them. These "e-blasts" are an excellent way to discover community information that crops up between our newspaper publications.

Our paper is distributed at the beginning of each month, and the e-blast is sent out about a week later. Don't miss out!

It's easy to sign up and your information is not shared with anyone. Go to our website ccranews.com and scroll down to E-MAIL UPDATES at the bottom of the home page. Fill out your contact information and click submit.

Thank you to our many current subscribers.

For questions or comments please email: communications@ccranews.com



January News from your CCRA

WINTERFEST IS ALMOST HERE!

LOADS OF FREE FAMILY FUN!

PORT UNION COMMUNITY WINTERFEST

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Port Union Community Centre portunionwinterfest.com
Dress for the weather, most activities are outdoors
Masks recommended indoors

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Membership & Distribution

Get your memberships early this year

By Denise Bacon



The new year is already into February and CCRA is in full swing for 2023. Many events, activities, and charitable donations on behalf of CCRA members will happen this year. CCRA volunteers continue to advocate for the residents of our beautiful community to ensure that we preserve this gem of a neighbourhood.

I would like to invite residents in the Centennial community to renew or get a first-time membership as soon as possible. Membership is only \$15 a year for the whole household. Memberships add up to voices that can be heard loudly when CCRA advocates with politicians, developers and other stakeholders to enhance our neighbourhoods.

Membership ensures that CCRA can keep its activities and events going to maintain a strong sense of community where neighbours get to know each other. Membership gives Centennial residents pride in knowing that they are contributing to the CCRA donations made on their behalf to local organizations.

Please get your membership today. You can sign up online at www.ccranews.com and click on "Join CCRA" at the top of the page. Or, you can complete the Membership form on this page and send or drop it to the address on the form.

Distribution

One vacant route needs to be filled



By Wanda Wierzbicki

As I write this, snow is falling and winter is settling in. The COVID pandemic seems to be mostly behind us and people are travelling again. For the first time in several years, there are a number of distributors off to warm and sunny destinations. We wish all the snowbirds a safe and enjoyable holiday.

This month, I would like to welcome **Doug Cole** to the distribution team. Doug enjoys walking and is taking the Andona Crescent route, which just happens to be the longest route available and the furthest from his house. Doug now joins his wife, Diane, who has been distributing the CCRA News for several years.

I would also like to welcome **Karen and Glenn Fairley** who have agreed to distribute to Langevin Crescent.

There is still one route with a vacancy: #8 Clappison – all 54 homes. This is a very easy route, right at the corner of Port Union and Lawrence. Distribution takes less than an hour and high school students can earn volunteer hours for distributing the newspaper.

If you are interested, please send me an email at distribution@ccranews.com

CCRA 2023 Membership Form

It's easy to join or renew your membership. Complete this form, then mail or drop off with your annual household fee of \$15. To join online, go to www.ccranews.com and select **Join CCRA** to pay with credit card or PayPal.

Name _____

Address _____ Postal Code _____

Phone _____ Email (for e-news only) _____

Check all applicable boxes:

I would like to join or renew my annual CCRA membership. I enclose payment for: \$15 (1 year) \$30 (2 years)

I support the work of CCRA & have added my donation for \$ _____. Total amount enclosed is \$ _____

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.

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
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Drop off at the main office in the
Port Union Community Centre.



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Enter Our Contest for your chance to win \$250 from a local vendor of your choice

Ross and I always brag about how fabulous this neighbourhood is and how much we love it. Since February is Heart Month, we thought it would be fun to have a contest.

Tell us what you love about this community in words and/or photos. Send your entry to:
HeatherLemieux@RoyalLePage.ca
by Feb 28th to be entered.

The winner will win \$250.00 from a local vendor of their choice.

We are excited to find out what you love about our neighbourhood.

The Contest is open to residents of Centennial & West Rouge only; please include your address with the entry. All entries, including any story and photography submitted in connection with the Contest, become the sole property of The Heather Lemieux Group and may be used in future marketing.




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34 Chapais Cres.
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5 Plantation Ct, Whitby
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25 Cheydale Ct.
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44 Invermarge Dr.
Listed at \$1,798,800
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94 Deep Dene Dr.
Listed at \$1,599,800
SOLD \$1,800,000 in 6 Days
May 2022



66 Bonacres Ave
Listed at \$1,750,000
SOLD \$1,730,000 in 1 Day
May 2022



30 Rockport Dr.
Listed at \$1,250,000
SOLD \$1,542,030 in 7 Hours
April 2022



43 Dunwatson Dr.
Listed at \$1,399,800
SOLD \$1,775,000
March 2022



16 Janellan Terrace
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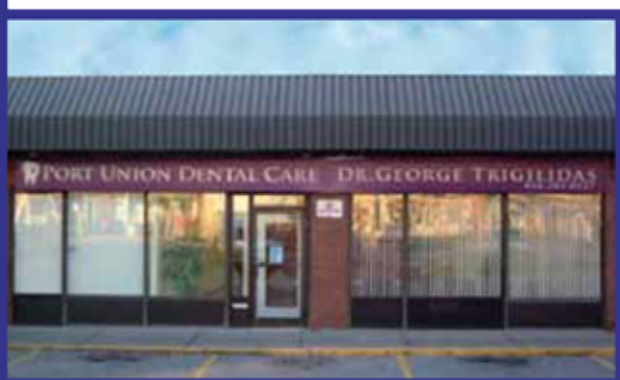
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