



Centennial News

A publication of the Centennial Community and Recreation Association

Two new bands this summer

NEW Fossil Fire

JULY 6

NEW Swing Junkies

JULY 13

Port United

JULY 20



Our Sunday Summer Concert series on July 6, 13 and 20 provides three lovely evenings for residents to enjoy great music and yummy refreshments outside at the Port Union Community Centre.

By Kathy Rowe

Mark your calendars for the July Sunday Summer Concert series. CCRA, WRCA and WRSRA are pleased to bring musical entertainment to you on July 6, 13 and 20. There will be two new bands in the lineup this year and we are really excited to bring them to this series.

On July 6, Fossil Fire will be performing. Fossil Fire is a local pop and classic rock band that first performed at the Port Union Waterfront Festival back in 2018. Since then they have played many venues such as the Royal Canadian Legion, the Glasgow Rangers Club and other local festivals.

This band consists of six members who have a passion for pop and rock songs from the '70s, '80s and '90s. They refer to themselves as professionals by day and passionate musicians by night. Fossil Fire covers a wide range of artists such as Queen, The Tragically Hip, The Eagles, Bryan Adams and Shania Twain.

On July 13, The Swing Junkies will be on our stage. The Swing Junkies have been performing around Toronto for 25 years. This group of part-time musicians began playing rock back in the late '80s. Over the years, the band members shifted their interests and eventually began playing jazz and then swing. With smooth vocals, the Swing Junkies have settled into this swing style with passion.

On July 20, the final concert will be performed by Port United. This local band is adored by many Centennial area residents. Port United continues to pack the house year after year with their covers of pop and reggae music. They will get you up dancing the night away!

We hope you will bring your families, your neighbours, your friends and your lawn chairs. Come for the experience, the treats at intermission, but mostly come for the music! There is something for everyone.

All shows will perform two sets with an intermission and they will begin at 7 p.m. All shows are rain or shine.

Enjoy the day at our Waterfront Festival



The Waterfront Festival takes place at Port Union Village Common on Saturday, June 21.

By Kathy Rowe

On Saturday, June 21 from 11 a.m. to 3 p.m., the 16th annual Port Union Waterfront Festival will take over the Port Union Village Common at the bottom of Port Union Rd. The planning committee has a new chair, Zia Choudhary, and a few new committee members as well.

You may recognize Zia's name as he has run for both municipal and federal office in the past. In 2022, he ran for school trustee for our area. He is currently the treasurer for the West Hill/Highland Creek Lions Club.

Zia said that you will notice some changes to the festival this month. "We have over 40 vendors and displays this year," he said. "There will be many local businesses selling crafts and food. There will be face painting, too."

There will be a BBQ this year that will be selling hot dogs, hamburgers, samosas and pop. As in past years, there will be a children's section with inflatable games and a climbing rock wall. Live entertainment will be offered on two different stages throughout the day.

CCRA is a sponsor of this event and we will have a table where we will be chatting with residents about what CCRA does for the community. We will also be selling our Centennial T-shirts, so please drop by for a visit.

We are pleased to announce that our special guest alongside us this year is Mad Science. Between 12 p.m. and 2 p.m., Mad Science will be conducting fun experiments with the kids. Just look for the CCRA table.

The festival committee is looking for student volunteers to help throughout the day. Details about the event as well as a volunteer sign-up can be found by going to the website portunionwaterfront.ca

We hope to see you there!



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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. 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.

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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 Jill MacMillan at advertising@ccranews.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

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Toronto Zoo

Don't forget
the zoo

By Wanda Wierzbicki

Summer is almost here and families will be looking for staycation ideas. The Toronto Zoo is a wonderful place to spend some time.

Membership: A membership is an ideal way to enjoy the zoo without having to see everything at once. If your child is having a bad day or the weather changes, membership allows you to come back.

Construction: The zoo is making improvements. The largest project is the development of the conservation centre at the front gate. As a result, the front gate has been temporarily moved to the far end of the parking lot.

Boardwalks: The third of the zoo's new boardwalks has been finished. The raised wooden pathways connect the Indo-Malaya Pavilion to the African Rainforest Pavilion and to the African Savanna.

Animal Updates: The Great Barrier Reef exhibit in the Australasia Pavilion showcases real coral. The Moon Jellyfish are particularly interesting since they don't have a heart or a brain or a backbone. The tiny Pot-Bellied Seahorses are unique as the father seahorses get pregnant and give birth.

Fan Favourites: Mstari the giraffe is pregnant again. Her baby is expected in 2026. Zoya and Minu, the snow leopard cubs, celebrated their first birthday last month. Carrie the Camel turned 2 in May. Sally, the 30-year-old sloth, has a new tree-house. Come and say hello.

President's Message

Summer events to put on your calendars

By Kathy Rowe

A rather cool May will hopefully lead to pleasant and warm summer months for our community to enjoy. This is our final newspaper issue until September and there are a few summer events that we want you to know about.

First, I want to thank our incredible editorial team who work hard to bring you stories about this wonderful community throughout the year. The editorial committee will take a break to enjoy summer and will reconvene in August to begin planning our September issue. On behalf of the editorial team, I'd like to wish our Centennial residents a very safe and enjoyable summer!

43 Division Police Open House Picnic

CCRA is proud to sponsor this annual event. Please join the officers at 43 Division for some free food and entertainment on Saturday, June 7 from 11 a.m. to 2 p.m. The Community Police Liaison Committee has been working hard planning this family fun day. Drop by the station at 4331 Lawrence Ave. East and enjoy the festivities.

Highland Creek Heritage Day Festival

CCRA is proud to be a sponsor of this annual festival that will be held on Saturday, June 14 from 10 a.m. to 4 p.m. at Highland Creek Community Park, 3500 Ellesmere Rd. There will be local vendors, crafts, live music, a magician, Spider-Man and Wonder Woman! Bring the kids for a \$10 play all day rides and activities pass and enjoy lunch from one of the food trucks on-site. This festival is always a hit!

Port Union Waterfront Festival

On Saturday, June 21, come and visit our table at this festival at the Port Union Village Common. We will be selling our Centennial t-shirts. The festivities will get underway at 11 a.m. See more about CCRA's special guest on page 1.

Movie in the Park

West Rouge Sports and Recreation Association will be hosting a FREE outdoor movie night behind the Port Union Community Centre on Friday, August 1. The movie will begin at sunset.

WRSRA president Louise Bonnycastle let us know that the movie title will be announced soon on social me-

dia. Please bring your family, friends and neighbours for a fun-filled Movie in the Park experience!

July Summer Concert Series

Live music! Rain or shine! Three Sundays in July! Come and soak up the summer evening atmosphere behind the Port Union Community Centre on July, 6, 13 and 20. Music starts at 7 p.m. sharp. Please read all about the bands on page 1.

Port Union Repair Café

Yes! There will be two Repair Café dates this summer. The café will be at the Port Union Community Centre on Saturday, July 5 and August 16 from 10 a.m. to 3 p.m. to help fix your small appliances or textiles. Let's keep things out of the landfill. Reduce, reuse and recycle!

Up, Up and Away, Jennifer!

In 2015, Jennifer McKelvie joined our CCRA Executive and took on the role of director of the conservation portfolio. A fitting fit considering her background in environmental science and her passion for the preservation of Centennial's green spaces. In November 2015, she was elected president of the CCRA and she held this position for two years with strong



leadership. As vice-president, I recall being in awe of Jennifer's energy and commitment. We all knew that we were fortunate to have her as our president.

During these early stages of her career, Jennifer proved herself to be an intelligent, responsible and engaged leader. It was no surprise when she went on to win the municipal election of 2018 and take on the role of our local councillor. After two successful terms at city hall, she has now leaped to the role of Member of Parliament for Ajax.

On behalf of the CCRA, I want to express how proud we are of Jennifer and her many accomplishments over the past few years. It all started with the CCRA!

Have a wonderful summer! See you
in September.

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Community

Coffee with Kathryn & Jennifer McKelvie

By Kathryn Stocks

I had coffee with former councillor Jennifer McKelvie a few weeks after she became the federal Liberal MP in Ajax. The first thing I asked was how she was doing. “Excited and a little overwhelmed,” she said. “It’s a lot of transition underway.”

Jennifer said she had only planned to do two terms on Toronto City Council. “At city hall you could spend 1 percent of your time on 100 things and never advance anything or you can say these are my three files and work on those. My three files were in good shape, my list of things I wanted to accomplish was done or on track, and so when the opportunity opened up to serve our country in a new way, I knew I had to do it.”

She chose to run in Durham because it was “a good fit.” Her father and several aunts live there, her son goes to Durham College, and the riding has similar issues to Scarborough–Rouge Park.

Jennifer’s three priority files at City Council have been ravines, climate action and the Eglinton East LRT. “I really championed for the ravines, and working alongside former environment minister Catherine McKenna we created the natural infrastructure



fund. That was a \$20 million investment in The Meadoway and the ravines. We also repaired the trails down on the waterfront, especially to the west of the Highland Creek bridge.”

On the climate action file, she said, “We developed a resilience strategy to be prepared for the impacts of climate change, and created a carbon budget where every department reports not just on their financials, but also on their emissions.” Toronto had lots of firsts and bests while she was councillor, including the largest fleet of electric buses.

Jennifer’s third file was the Eglinton

East LRT. She worked with the mayor’s office to negotiate the deal to get the province to pay for the Scarborough subway, which freed up the money the city was going to put into it. This was then reallocated to the Eglinton East LRT. Now \$1.2 billion is dedicated to that project.

Jennifer said she has taken these three priorities as far as she can municipally. They now need federal or provincial funding to proceed.

Locally, Jennifer wanted to advance two big infrastructure projects. One was the Port Union Rd. widening, which should be complete by year

end. The second was the Rouge Valley Community Recreation and Child Care Centre at Conlins, which should open in the fall.

She’s also proud of all the playground upgrades she instigated in our community at Port Union Common, Bill Hancox and Wanita parks, and the resurfacing of the Charlottetown tennis court.

The last thing Jennifer launched was the community safety teams in the Kingston Rd./Morningside area to help people with homelessness, addictions and mental health. So far there’s been an 11% reduction in minor crimes and a 23% reduction in the amount of time police are spending in the area.

“My list is complete,” Jennifer said. “It’s time for someone with new ideas and a new list of things they want to do.” She will be missed here in Centennial, but we wish her all the best in her new role as the Member of Parliament for Ajax.

Staff will remain in the new constituency office at 382 Old Kingston Rd., which is open 9 to 5 on Tuesdays and Thursdays. You can also call them at 416-338-3771 or email ward25@toronto.ca. A byelection to replace Jennifer will be held in the fall.



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Looking Back

Centennial had Canada Day parades from 1956 to 2015

By Amanda Pompilii

Parades and field days are just some of the events we associate with July 1 in Canada. These traditions also have a rich history in the Centennial community. I recently looked through past issues of the Scarborough Mirror to see how our neighbourhood's commemoration of Canada Day, formally known as Dominion Day, has changed over the decades.

From 1956 to 2015, Highland Creek's Royal Canadian Legion Branch 258 delighted spectators with parades each July 1, becoming one of Toronto's longest-running Canada Day attractions. The parade began at Centennial Road Junior Public School and ended at the former Legion building on Lawson Road.

In 1963, Scarborough's Professional Firefighters Boys Band marked their third birthday with a trophy for smartness and uniform marching. In 1966, the parade received a visit from the winner of Highland Creek's Miss Dominion Day competition, 19-year-old Shirley Wray. Wray and her princesses, Joyce Percy and Norma Ruddell, were accompanied by the Firefighters Drum Corps and Legion Pipe Band.

In 1969, more than 50 young participants rode decorated bikes and walked costumed pets alongside pipe

bands and drum majorettes. Other activities included a game of the Irish stick-and-ball sport, camogie, and performances by Frances Gibbon's Irish Dancers.

By the mid-1970s, soap box derby fever had swept the community. In 1975, the West Hill Kinsmen Club and Scarborough Committee on Parks and Entertainment held their first soap box derby in years as part of Scarborough's Canada Week. The derby was highly anticipated in Centennial, with students at Highland Creek Public School spending months constructing go-karts and derby cars.

After much preparation, competitors aged 8 to 12 took the wheel on June 28, zooming down Old Kingston Road to Highland Creek Park in the hopes of winning prizes for the safest car, fastest car, and best car design. Karl Steffler of Mississauga emerged victorious, winning the Class A Championship and the award for best car design. Scott Bremner of Streetsville took home the award for safest car.

With the 1980s came a defining moment in Canadian history. Dominion Day was officially renamed Canada Day in 1982. Amid debates about what it means to be "Canadian," Centennial's annual celebration promoted the Canadian spirit



Above: The final Canada Day parade passes the corner of Lawson and Centennial in 2015. Right: Highland Creek's Miss Dominion Day Shirley Wray, 19, rides with her princesses in 1966.



of unity. In 1981, the Scarborough Liberal Association hosted a Canada Day picnic at Adams Park with baseball, races, free Canadian flag pins, a wet-sponge throw, and fireworks. For Canada's 126th birthday in 1993, onlookers enjoyed an appearance by the Legion's Colour Guard, as well as pony and hay rides, an antique car show, a beer garden, and a petting zoo. Festivities concluded with a live band and street dance.

This year, Canada Day at Legion Branch 258 on Morrish Rd. will begin at 11 a.m. with opening ceremonies. At 12 p.m., there will be stories from a soldier, followed by festive trivia at 1 p.m. A live band will take the stage at 2 p.m. Other activities will include Canadian Armed Forces Cadet demonstrations, MRE (Meal, Ready-to-Eat) ration tastings, a bouncy castle, and children's games.

Avoid Surprises Before You Sell – The 7 Costs Homeowners often overlook

Advertisement by Sue Anfang, Realtor

Thinking about selling your home? It's exciting, and let's admit it, stressful, whether you're upsizing, downsizing, or just ready for a change.

But before you stick that "For Sale" sign in the lawn, there's something many sellers need to plan for: the hidden costs of selling!

Some may not be obvious, and you certainly don't want them to can sneak up on you. Here's a break down of the 7 common expenses that catch people off guard, and how to plan for them!

Realtor fees

Other than home updates and repairs, this may be one of the biggest expenses. In Ontario, it's standard to split fees between the selling agent and the buyer's agent. Consider that a good agent earns it by helping you prepare your home and pricing your home right, negotiating hard, and getting you sold faster.

Legal Fees

Selling a home isn't as simple as handing over the keys. You'll need a real estate lawyer to handle the paperwork, review the agreement, and ensure everything's legally sound. Expect to pay a couple of thousand dollars per closing (this includes some disbursements) depending on the complexity of your deal.

Sales tax on realtor fees

Here's a detail many sellers aren't aware of - HST is applicable to real estate fees in Ontario. That mean's you'll be paying an additional 13% on those fees. But if you're selling an investment property you may get a deduction for that as a business expense.

Mortgage discharge fees

Still have a mortgage on your home? When you sell, your lender

will charge a discharge fee to remove their name from your home. These will typically be under \$1,000 – so not huge, but still worth budgeting for.

Mortgage prepayment penalties

This is good to calculate if your mortgage isn't up for renewal. Depending on your mortgage terms, you could have a prepayment penalty for paying it off early. For fixed-rate mortgages, this is often calculated as the greater of three months' interest or the interest rate differential (IRD).

Capital gains tax

Selling a primary residence? The good news is you won't pay capital gains tax. Selling an investment property is different. 50% of the profit is taxable (at your current taxable rate) which can have an impact. Looping in your accountant will help minimize taxes.

Updates and repairs

Want top dollar? Most owners set a budget for home prep. Ensure all the mechanical systems have checks and are all working. Small fixes — like paint touch-ups & lighting upgrades can go a long way. Spending some \$\$ on kitchens and bathrooms before listing may be worth it, but make sure you're discussing the best colours, finishes and styles with a pro to appeal to the most buyers.

If you have questions about specific costs, feel free to give me a shout at 416-562-5002

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Recreation

For the love of that popular new sport called pickleball

By Shelley Cooke

Pickleball, often described as a combination of tennis, badminton and ping pong, has recently become one of the most popular sports in North America. Many wonder how this unique sport, which has captivated the interest of all ages and skill levels, came to be.

According to various research sites, pickleball began on Bainbridge Island, Washington, in 1965. The story goes that Joel Pritchard, a state representative at the time, and his neighbours were looking for a way to entertain their families on a Saturday afternoon. Unable to find their usual badminton equipment, they improvised with a set of ping pong paddles, a perforated plastic ball, and a lowered badminton net. Little did they know that this impromptu game would soon become one of the fastest-growing sports in the world.

The next challenge was what to name this new “sport” that they created. According to Nick Brinkerhoff, a writer/producer at Sporting News, one theory is that it was named after Pritchard’s dog, Pickles, who would chase after the stray balls during games. Others claim that it was Pritchard’s wife, Joan, who named the game after a “pickle boat,” which refers to a boat comprised of leftover or

mismatched crew members. “It makes for a fitting name since the game was born out of using leftover equipment from other sports,” says Nick.



Centennial resident Shaun DeSouza started playing pickleball in 2022 and he quickly became hooked.

Centennial resident Shaun DeSouza started playing pickleball in 2022 after he experienced a torn achilles tendon while playing tennis. He quickly became hooked on the sport, and has just completed his coaching certification in April. Shaun describes pickleball as being an easier sport to learn than tennis. With the paddle being so lightweight, “it’s like playing ping pong on a badminton court with some tennis strategy.”

For those who would like to play the game but don’t know where to start, hiring a certified coach like Shaun creates a safe space to learn and experiment. On average, it only

takes four to five sessions to learn the game. Katrina Deverell describes how she lacked confidence when she began playing pickleball but she quickly developed the skills and self-assurance to enjoy the game fully. Another pickleball player, Heather Lemieux, who was new to racquet sports, appreciates how her coach, Shaun, “focused on safety, fundamentals and strategy.”

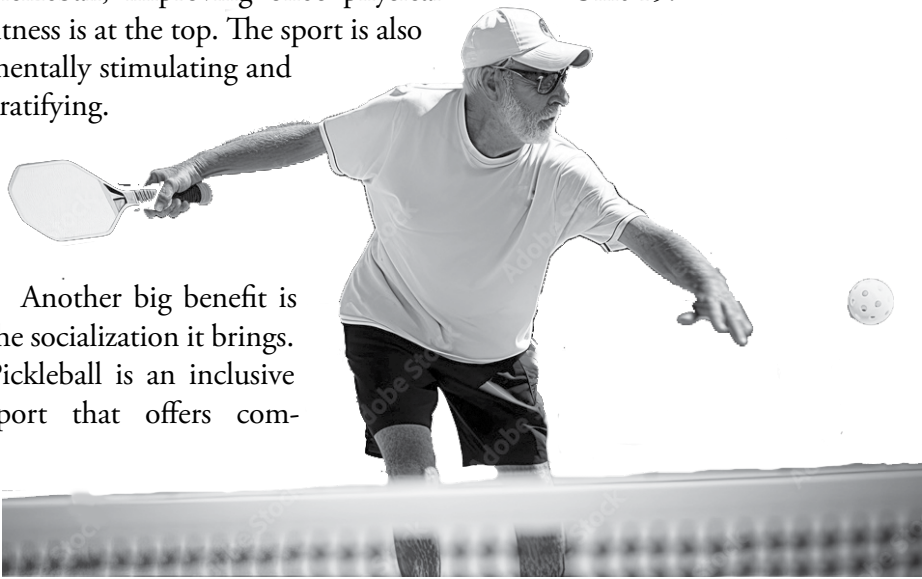
Throughout Shaun’s coaching experience, he noticed that people who haven’t been physically active or who don’t normally play sports, are surprised at how quickly they catch onto pickleball. By the fourth lesson, his players are often heard saying, “I can’t believe I’m playing pickleball” with boosted confidence!

Of the many benefits of playing pickleball, improving one’s physical fitness is at the top. The sport is also mentally stimulating and gratifying.

Another big benefit is the socialization it brings. Pickleball is an inclusive sport that offers com-

panionship and a sense of belonging. The smaller court size allows players to be close enough to socialize during gameplay and interact with new people. Players who may not have known each other at the start of the game quickly form a social bond.

If you would like to learn to play pickleball or improve your skills, here are a few places nearby that offer free drop-in sessions: the Port Union Community Recreation Centre has indoor courts, as does Heron Park Community Recreation Centre and Toronto Pan Am Sports Centre. To schedule lessons from a certified instructor like Shaun DeSouza, email blazing.paddles002@gmail.com or contact The Kitchen TO6 Pickleball Club at 510 Coronation Dr., Unit 19.



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Jade Downey ★★★★★
"Jeannie and her REMAX team helped me sell over asking and find a perfect condo! After 25 years of accumulation, her full-service team (painting, plumbing, electrical, staging, contracting, deep cleaning) transformed my house beautifully. Don't know where to start downsizing? Call Jeannie - she makes the overwhelming process completely manageable!"

Alex Marks ★★★★★
"After our long, unsuccessful search, we found Jeannie and soon discovered our dream home in the perfect area. She guided us through every step—from searching and multiple offers to the home inspection and final purchase of our forever dream home. I highly recommend working with her; she's become not only our real estate agent but also a good friend."

Akhil Kejriwal ★★★★★
"Seeking a realtor in Port Union/GTA? Choose Jeannie for her deep area knowledge, exceptional listening skills (perfect for our remote search), and valuable contractor connections. Truly "A-Mazing!"

Sara Razmavar ★★★★★
Jeannie goes above and beyond - she's more like a friend than a real estate agent! Her meticulous, caring, and fun approach makes property hunting joyful. Even months after our commercial deal closed in May, she's still following up on construction and ensuring everything runs smoothly. Her exceptional client care truly sets her apart!

Dave Graham ★★★★★
"Jeannie's exceptional dedication and expertise made selling our home smooth and successful. Her professionalism and personal touch - from expert property showcasing to securing a fantastic deal - truly set her apart. Her invaluable guidance made this a positive, memorable experience. Highly recommend this outstanding realtor!"

Neil D'Souza ★★★★★
"Amazing experience with Jeannie and her team! She handled everything - from open houses and video shoots to social media marketing and staging - securing an over-asking price in a tough market. She even helped us find our dream home! Her knowledge, thoughtfulness, and incredible work ethic make her truly amazing for any real estate needs!"

Anne-Marie Avgerinos ★★★★★
"From our first meeting, we fell in love with Jeannie's amazing spirit and bubbly personality! Her caring yet professional approach made selling our home flawless. We couldn't be happier with the outcome and would choose her again in a heartbeat. She continues to maintain her exceptional service to this day - we're forever grateful!"

Penny Bell ★★★★★
"JEANNIE is the best rep out there! One of the kindest, most patient people I've met in years, her patience, expertise, and kindness made selling my family home stress-free. She also has the best sense of humor—we had some great laughs, and I've made a friend for life. I love Jeannie!"

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64 Invermarge Drive 5+1 Bed - 4 Bath • Legal Bsmt Apt Inground Pool & Hot Tub	2 Wichey Drive 4+1 Bed Finished Bsmt Tons Of Upgrades Outdoor Entertaining At Its Finest	72 Charlottetown Blvd. 51K Over Asking in 7 Days
		

JUST SOLD





9 Delbeatrice Cres
Sold Over Asking in 7 days April 25



20 St Magnus Dr.
Sold in 7 days April 2025



51 Eastport Ave
Just purchased March 2025



224 Beechgrove Dr
Sold Jan 2025 Firm/Fast Closing



74 Bathgate Dr
Sold Jan 2025 Firm/Fast Closing



3 Langevin Cres
Sold Jan 2025 Firm/Fast Closing



694 Amaretto Ave
just purchased \$25K under list price



West Rouge
Just Sold Oct 2024



1245 Bayly Townhome
just purchased Oct 2024



34 Satok Terrace
Sold in 8 days 70K over asking Oct 2024



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Summertime Fun

Free and fee-based family activities in the area

By Denise Bacon

The sweet smell of cherry and apple blossoms, the ever-growing anticipation of the end of the school year, and the anxious anticipation of parents wondering how they will manage through the next couple of months is the annual prelude to summer. Whatever you do, try to keep your children off their screens (cell phones, tablets, game consoles and TV) as much as possible. Let them have the “play-based” summer that is best for them.

Luckily, we live in the best neighbourhood in the GTA and there are a lot of options for a fee as well as for FREE! Here are some ideas to consider.

Fee-based Activities

Toronto Zoo

A wonderful all-day outing for the whole family. Come prepared with good walking shoes and get ready to be wowed by the wonder of animals. An alternative to walking is the Scenic Safari Drive-Thru in the comfort of your car. “Wild Encounters” are available at an extra cost to get up close and personal with some animals. Re-discover the child within you or look at the animals through the eyes of your own children.

Hit the Beach



A group of two adults and two children can enjoy one day at the Zoo for approximately \$168, including a parking fee of \$20. Pass options are available. torontozoo.com

City of Toronto – Camp TO

Children and youth can be active, learn new skills and make memories close to home at the city’s seasonal camps. All CampTO programs offer fun and creative, full-day experiences. Three age groups are available: Early Years - four and five years, Child - six to 12 years, Youth - 13 to 16 years. Neighbourhood locations include: West Rouge Community Centre,

Charlottetown Junior Elementary School, Tall Pines Community Centre, Heron Park Community Centre, and Morrish Public School.

FREE Activities

Kids love playgrounds! Pack some snacks, a picnic lunch and water bottles and you will have a group of happy kids enjoying outdoor play for hours.

Here are some of the playgrounds in the area:

- **Port Union Village Common Park** (has a splash pad) - 105 Bridgend St.
- **Bill Hancox Park** - 101 Bridgeport Dr.
- **Charlottetown Park** - 65 Charlottetown Blvd
- **Adams Park** - 2 Rozell Rd.
- **Wanita Park** - 5 Meadowvale Rd

These parks are within easy driving range:

Lakeview Park, Oshawa

(splash pad)
For a day of truly awesome adventure, a drive to south Oshawa to Lakeview

Park is a must! There is fun for the whole family, with the playground ideal for infants to 12-year-olds. Access is easy to the lake to wade, skip stones, build sandcastles or to wade in clear blue water. This park has a large snack bar.

Audley Park, north Ajax

(splash pad)
Located on the south side of the Audley Recreation Centre at 1955 Audley Road North. Another day of adventure lies here for 5 to 12-year-olds with a huge variety of play equipment.

Baycliffe Park aka Rocketship Park, north west Whitby

(splash pad)
Located at 20 Baycliffe Drive. Lots of adventure for 2 to 12-year-olds with an excellent variety of play equipment.

Rouge National Urban Park

We have one of Canada’s treasures, Rouge National Urban Park (RNUP), at our doorstep. Days of hiking can be planned across various trails, which range from easy walking to strenuous hikes. The summer is a wonderful time to explore nature and farms as the park covers a diverse landscape. Many activities and options are available to experience the park onsite or through activities and virtual tours. Visit the website to plan your own experience: parks.canada.ca/pn-np/ont/rouge

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From the Archives

Not your average picture day at Centennial Road School

By Don Lawrence

Picture day is an important tradition for students and parents alike. Parents brainstorm outfit ideas and schedule haircuts, while kids practice their smiles in the mirror. School pictures are important to many kids – after all, they are seen by everyone in the year-book. You can also give them to your friends and, of course, your parents will hand them out to family members. With that many people seeing the picture, it had better look good!

But the photo on this page taken on June 19, 1975, at Centennial Road Public School was quite different from your typical picture day. This jubilant shot comes from a Toronto Star article called “School’s Out,” about Scarborough schools. These Grade 6 youngsters were delighted to participate.

The students came as they were, including 11-year-old John Gallop on crutches due to a broken ankle. Combed hair was optional. Notice the CCRA T-shirt at the left of the photo. On the far-left side of the photo wearing sunglasses was Bruce Geddes, the Grade 6 teacher, while Mrs. Ruth Banks, principal at Centennial Road that year, can be seen standing to the right.

On this picture day, students were already excited as the Toronto Star’s photographer instructed them to take something from their desk ready to



wave over their heads as they jumped and yelled while bursting out of the school’s front door. They were also happy to be graduating from Grade 6 and about to start summer holidays. Their photo was going to be published in the newspaper for everyone to see, a big deal in those days.

Centennial News was able to speak to two people who were part of the photoshoot 50 years ago. The Grade 6

teacher Bruce Geddes remembers Centennial Road Public School standing alone near the corner of Lawson and Centennial

before the modern subdivisions developed.

“The highlight and a big memory for me was leading a committee of teachers at Centennial Road PS to organize a mini-Olympic games in June of 1976 for our annual track and field day,” Bruce said. “The celebration/event was based on the opening ceremonies planned for the Montreal Olympic games that summer.

“We had a supervised torch run by students from the Scarborough Civic Centre on Ellesmere at McCowan to the school playground where we held our ‘games.’ Special guests from the mayor’s office and the Education Centre were invited to speak during the opening ceremony. It was certainly one of the fondest memories I have from my teaching career.”

John Gallop, the student on crutches, remembers he was positioned about 10 feet in front of the group who were directed to jump when they got to him. Notice the CCRA T-shirt worn by the boy at the left of the photo, and just behind him, wearing sunglasses was Bruce Geddes, the Grade 6 teacher. Mrs. Ruth Banks, principal at Centennial Road can be seen standing to the far right. To view a larger photo, go to www.ccranews.com/pictureday

After two years at Centennial, Bruce continued his teaching career at various Scarborough schools retiring in 2001 from Tom Longboat Jr. PS as principal. He and his family lived in West Rouge for 34 years from 1988 to 2022. His daughters went on to attend Joseph Howe Senior PS and Oliver Mowat CI.



John Gallop

John Gallop, the student on crutches, remembers he was positioned about 10 feet in

front of the group who then jumped when they got to him. He was excited to be in the paper and still has a copy in his school day treasures book. John says he has had a nomadic life including living in the Arctic, around Europe, and currently in Eastern Ontario. His kids thought the photo of him in 1975 was “cool.”

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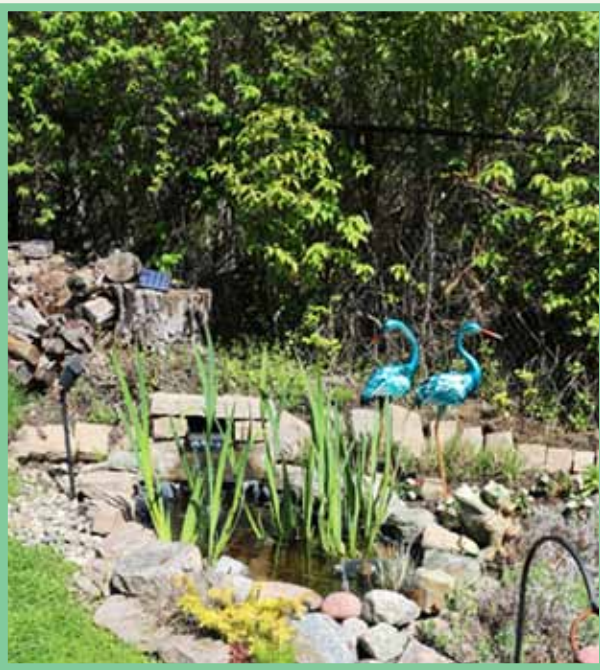
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Peace and beauty found in backyard ponds

Stories and photos by Kathy McGrath

1. Boxhill Drive



Top: Sandra loves sitting by the pond to decompress.
Above left: One of the resident frogs enjoys a sunbath.
Above right: Ornaments add a splash of colour to the pond.
Left: The soothing sound of a waterfall helps drown out traffic noise.

We asked Centennial residents to share their backyard ponds with us, and we weren't disappointed. Three homeowners invited us into their yards, revealing the lush beauty and Zen-like atmosphere created by their ponds. We learned these water features create an oasis of calm in a big city.

1 Sandra Itenson and her husband Angelo Bernardo built their pond as a Covid project. As with many hobbies, the pond grows every year. Sandra said the water feature adds a peaceful element to the yard. "I'll come out here with my cup of tea, or a glass of wine after work, and just decompress. The sound of the running water is really nice." Frogs have taken up residence and they sing a croaking chorus. "We've had frogs for three years now," Sandra said. "I don't know where they came from — they just arrived one day." Sandra and Angelo keep things green by using solar panels to run the pumps. They only use natural enzymes to keep the pond clear, steering away from chemicals if possible. Sandra belongs to a Facebook group where she meets other pond owners who share plants and maintenance tips.

2 When Nancy Green and her husband moved into Centennial 30 years ago, Nancy took one look at the backyard and knew she wanted to add a pond. "There was a corner with a depression, so I dug the first one myself." After starting a second career as a landscape designer 18 years ago, Nancy had a larger pond professionally installed. The couple has never looked back. "We sit here by the water in our Muskoka chairs with a glass of wine and a fire going; it's like being at a cottage," she said. "It's so peaceful." The pond contains goldfish that don't need feeding because the natural ecosystem of moss and water lilies provides for them. Once in a while, minks come from the lake and clean out the fish, which is why the Greens don't buy expensive koi.

3 Sue Thorne and her husband Frank DeLeo inherited their large pond when they moved to Centennial almost five years ago. What was originally a swimming pool had been converted by the previous owners into a backyard paradise. "When we looked at the house I thought 'I don't really want a pond,'" recalled Sue. "But it was so beautiful. The perennials they put in were outstanding." Sue and Frank quickly became pond converts, and have since installed their own small pool. Over the years a variety of wildlife has made use of the pond including ducks, frogs and a great blue heron. Recently Sue spotted turkey vultures weighing down the branch of a nearby tree. Sue says the pond looks best at night when the waterfall and surrounding rocks glow from artfully-placed lighting.

2. Rockport Drive

Right: The tranquility of a waterfall gives the yard a country feel.
Below: A colourful sphere adds beauty to the setting.
Centre: During winter, the fish hide in a crevasse and the frogs burrow in mud, becoming inert. In spring, they magically come to life again!
Bottom: Nancy keeps her pond open from April to November.



3. Bonacres Avenue



Top: Planting perennials around a pond is a good way to reduce yearly maintenance.
Second photo: Sue loves to watch birds bathe or take a drink in the water.
Right: Various elevations make a pond more interesting.
Left: Buddha gives his blessing to the yard.

Just For Fun

S T F K S Q I E F H I K E P H M K I
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Summer word search

Find the following words in the puzzle. Words are hidden → ↓ and ↘

- Sandcastle
Sprinkler
Fireworks
Sunshine
Ice Cream
Vacation
Barbecue
Carnival
Lemonade
Camping
- Fishing
Cottage
Frisbee
Hammock
Bicycle
Picnic
Smores
Garden
Kayak
Hike

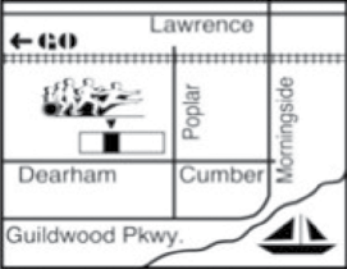
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Garbage dumped in Adams Park

By Jill MacMillan

On Sunday, May 11, three of us were out walking our dogs. As we were leaving Adams Park, we saw a landscaping company’s white SUV on the road entrance dumping garbage bags on the grass in the park. The man spotted us and quickly began picking up all the bags and tossing them back into the vehicle, then got into his truck and exited through the Lawson Rd. entrance.

Although we often see garbage that has been dumped in our parks, it was very upsetting to see it happening.

To report illegal dumping, contact 311 and they will refer you to the appropriate Park Supervisor. If you see this happening, take photos of the one doing the dumping as well as their business vehicle and licence plate if you can. Or take down the licence plate and business name and number and report it to 311.

To prevent things like this, try to shop local whenever you can. You can find local businesses in this paper through our advertisers every month. The people who run these businesses care about this community we all live in.



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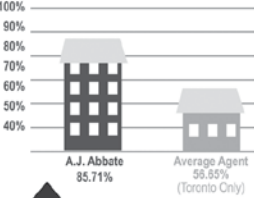
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Community

Bike Share Toronto offers a way to explore new areas

By Denise Bacon & Shelley Cooke

After the long winter we’ve had, followed by a cold, wet spring, people are naturally looking forward to summer! What better way to enjoy the much-anticipated sunshine than getting outdoors and exploring our amazing city – on a bike!

Many people don’t know about a bike share program that we have in our own backyard! It’s called “Bike Share Toronto” and it is operated through Toronto Parking Authority. It offers convenient access 24 hours a day, seven days a week, to over 7,000 bikes and 680 stations across Toronto neighbourhoods. Bicycles can be rented for Pay As You Go trips at \$0.12 per minute or other rental options from automated stations or “docking stations.”

Nearby Bike Share Stations

Right here in Centennial and in our neighbouring communities, there are several Bike Share docking stations to rent and/or return a bike:

- Lawrence Ave. E. at Starspray Blvd.
- Rouge Hill GO Station
- Waterfront Trail, behind and just west of the Rouge Hill GO Station
- Colonel Danforth Park, along the driveway towards the parking lot
- Morningside Park – near the parking lot off Morningside Ave.

- Guildwood GO Station, south parking lot

Here’s a link to a Bike Share System Map for more stations: bikesharetoronto.com/system-map

Imagine on a lovely day, going into Colonel Danforth Park with a picnic. You can rent a bike and ride through the beautiful park right across the two iron bridges and down east along the Waterfront Trail. Half an hour or so later, you can “dock” your bike at either of the two Bike Share stations at or near the Rouge Hill GO Station and enjoy the Port Union Waterfront Park over your picnic lunch.

Then you can stroll back through the park or take that same bike or another one to come back to Colonel Danforth Park to dock your bike at your starting place. Or, you can ride further afield and return your bike at Morningside Park. This would be a wonderful way to enjoy local park and trail treasures in our very own backyard!

Payment and Pricing

Renting a bike is quick and easy but you do need a credit card and a cell-phone. You can purchase the appropriate rental plan for yourself from bikesharetoronto.com OR you can download the “Bike Share Toronto” App on your phone.

Riders can select the “Pay-As-You-



Go” option and pay \$1 to unlock the bike, plus a time-based fee based on the duration of use. To date, the fees are 12 cents per minute for a classic bike and 20 cents per minute for an e-bike. There are also Day Pass and Annual Membership options for Bike Share rentals available. Details on pricing and plans can be found at: bikesharetoronto.com/pricing

Students are eligible for a 20% discount for an annual membership to help offset their commuting costs. Reduced fares are also offered to residents living in Toronto Community Housing (TCHC) and to recipients of the Ontario Disability Support Program (ODSP).

Enjoy exploring our parks, waterfront and neighbourhoods in a new way, by using Bike Share bikes this summer!

What’s happening in June and July

43 Division CPLC Annual Open House Picnic

Saturday, June 7
11 a.m. to 2 p.m.
4331 Lawrence Ave. E.

West Rouge Sports & Rec Parking Lot Sale

Saturday, June 7
9 a.m. to 1 p.m.
West Rouge Community Centre

Highland Creek Heritage Festival

Saturday, June 14
10 a.m. to 4 p.m.
Highland Creek Community Park,
3500 Ellesmere Rd.

St. Joseph Parish Bazaar

Saturday, June 14
9:30 a.m. to 2 p.m.
200 Morrish Rd.

Port Union Waterfront Festival

Saturday, July 21
11 a.m. to 3 p.m.
Port Union Village Common

Sunday Concerts at Port Union CC

Rain or shine, 7 p.m.
July 6: Fossil Fire
July 13: The Swing Junkies
July 20: Port United

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MPP Vijay Thanigasalam

Using every tool available to keep life affordable

Our government recently announced Ontario’s 2025 Budget: Building a Strong Ontario, focused on transforming the province and building the most competitive economy in the G7. As promised, we’re using every tool available to protect Ontario’s economy and keep life affordable.

Keeping Costs Down

Inflation, high interest rates and tariffs have all contributed to rising costs for families across Ontario. Our government is taking action to help through the 2025 Budget, which includes:

- Annual savings of up to \$1,600 for transit riders through One Fare Program.
- A \$200 cost-of-living payment per eligible adult and child.
- Elimination of licence plate fees and tolls on Highways 412, 418 and 407 East (from Pickering to Clarington).
- Permanent cuts to the Gasoline Tax, saving families \$1.7 billion since 2022.

Whether it’s at the gas pump, on your commute, or in your day-to-day expenses, our government remains committed to putting money back in your pockets.

Protecting our Community

I’ve heard from many constituents concerned about rising crime and our government is taking strong action to keep our province safe.

Through the Preventing Auto Theft (PAT) Grant, we’re supporting police with prevention and public awareness efforts. We’re also proposing changes to allow police to seize tools used in car theft and launching a Major Auto Theft Prosecution Team in high-crime areas like Toronto, Brampton and Durham.

To tackle violent and repeat offenders on bail, we’re investing \$8.3 million through the Bail Compliance and Warrant Apprehension (BCWA) Grant to help police monitor and arrest high-risk individuals. We’re also streamlining judicial appointments and adding 10 new judges to reduce court backlogs.

Our government remains focused on protecting our neighbourhoods and ensuring families feel safe in the communities they call home.

Prioritizing Primary Care

Our government firmly believes that every Ontarian deserves access to a family doctor or primary care team and we’re taking action to make that a reality. That’s why we’ve introduced the Primary Care Act, a first-of-its-kind, nation-leading legislation that will connect every person in Ontario to primary care by 2029.

Supported by a historic investment of more than \$1.8 billion, the Ontario government is delivering on its promise to connect every person in the province to a family doctor and pri-

mary care team. And investing another \$300 million in new teaching clinics in partnership with Ontario’s world-class medical schools.

I’m especially proud of the Scarborough Academy of Medicine and

Integrated Health (SAMIH), located in my riding of Scarborough–Rouge Park. This is more than a medical school, it’s a game-changer for young people in our community.

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I want to thank you for once again placing your trust in me. It is the honour of my life to serve as your Member of Parliament, and I am humbled to do so at such a pivotal moment.

This election was never about one person. It was about a shared vision for a stronger, fairer Canada. One driven by people who care deeply about their communities and who stand up when our sovereignty, values and future are threatened.

No matter how you voted, I promise to always listen and to represent the needs of all residents with respect, openness and dedication.

Canadians have given Prime Minister Mark Carney and our government a strong mandate to grow the economy, make life more affordable, and keep our country and communities safe. I will approach this work with urgency and determination.

Making Life More Affordable by Canada Day

By July 1, Canadians can expect to keep more of their hard-earned money as we cut taxes for the middle class and expand the Canadian Dental Care Plan (CDCP).

We will reduce the lowest personal income tax rate from 15% to 14%, delivering tax relief to nearly 22 million Canadians and helping two-income families save up to \$840 a year.

The Canadian Dental Care Plan is now fully open to all eligible Canadians. Today, over 3.6 million Canadians are registered and saving an average of more than \$900 a year on cleanings, fillings, dentures and other essential services. If you are a Canadian resident with a family net income under \$90,000, have filed your most recent tax return, and do not have access to employer, private or pension-sponsored dental insurance, you can now apply regardless of age.

Please visit Canada.ca/Dental or call a dedicated help line at 1-833-537-4342.

Honoured to Serve as Minister of Public Safety

On May 13, I was deeply honoured and humbled to be sworn in as Minister of Public Safety.

Our safety underpins every aspect of our daily lives – whether it's the sense of security we have in our streets or the protection of our borders, institutions and national resilience in an increasingly complex world.

In this role, I am working closely with the dedicated professionals at the Royal Canadian Mounted Police, Canadian Security Intelligence Service, the Canada Border Services Agency, Correctional Service of Canada, and the Parole Board of Canada

to help keep Canadians safe. Together, we are working hard to disrupt the flow of illegal drugs, firearms and stolen vehicles that fuel organized crime and violence in our communities.

Our government will also be introducing legislation to strengthen our bail laws – making it harder for those charged with violent car theft, car theft linked to organized crime, home invasion, and certain human trafficking and smuggling offences to

be released on bail.

There's lots to be done and I'm ready to do the work.

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. Contact my office at 416-283-1414 or Gary.Anand@parl.gc.ca

Member of Parliament for Scarborough—Guildwood—Rouge Park

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Book Review

Memoir chronicles comedian’s struggles

By Julie Kish

Spellbound: My Life as a Dyslexic Wordsmith

A Memoir by Phil Hanley

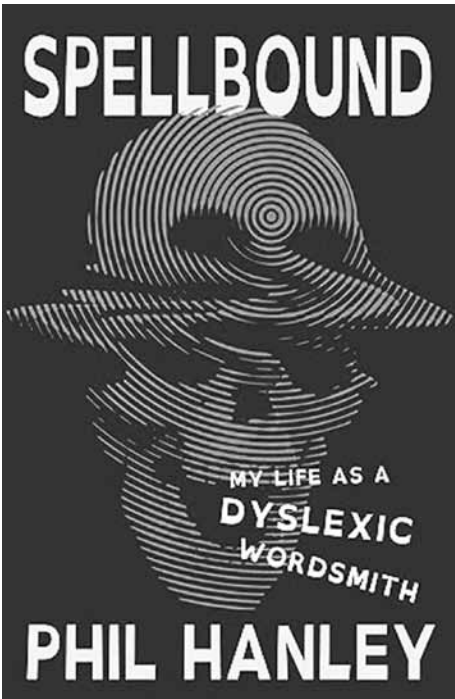
Hardcover by Henry Holt and Co.
Audio version by MacMillan Audio

If you are unfamiliar with Canadian comedian Phil Hanley, you should go directly to YouTube and watch one of his sets. You’ll find yourself laughing uncontrollably and shouting to anyone near you, “Come here and check out this guy. He’s hilarious!” His signature “crowd work,” a type of witty banter with the audience, exemplifies his intelligence and lightning-fast thinking processes. He keeps his audience in stitches.

After years of climbing the ladder in the dog-eat-dog world of stand-up comedy, Phil Hanley has made a name for himself. He’s a headliner at the comedy clubs of New York City, is a favourite on the late-night talk show circuit, has written for a handful of feature films and has appeared as an actor in others.

Spellbound is not the book you would expect a comedian to write. Of course, it includes plenty of laugh-out-loud moments, but Phil’s memoir is primarily a story about his lifelong struggle with severe, incapacitating dyslexia. He describes a heartbreaking life in which he despised school and prayed every night that he would “wake up smart.”

Phil was raised in Oshawa by extraordinarily supportive parents but was victimized by a school system ill-equipped to help him. It would be many years before he was diagnosed correctly. Year after year, his teachers



Spellbound is not the book you would expect a comedian to write. Of course, it includes plenty of laugh-out-loud moments, but Phil’s memoir is primarily a story about his lifelong struggle with severe, incapacitating dyslexia

wrote him off as lazy and unmotivated. Poor Phil fell further and further behind his friends, only passing to the next grade because his mother intervened.

Eventually, with the help of an exceptional teacher and some long overdue accommodations, Phil finally

graduated from high school. He is eternally grateful to his mother, who did most of his homework. Unable to pursue college or any traditional job that involved reading skills, Phil’s life took many unconventional twists.

His first career took him to Europe, where he became a successful magazine and runway model. Although Phil claims he never had the body type of a typical male model, he was able to find work when some designers began to prefer their models to look like “sick chickens.” He found the work excruciatingly unfulfilling and moved back to Canada after four years. By then, his parents had moved to Vancouver, and he settled into their spare bedroom.

In the following years, Phil struggled with mental health issues and substance use as he tried his best to find a place for himself in a world where he felt he didn’t belong. Finally, he found himself on a stage with a microphone, a spotlight, and five minutes of jokes. From this moment on, Phil was hooked on stand-up.

His decision to write a book about living with dyslexia was driven by his desire to help others understand the condition. Astonishingly, Phil wrote the book and narrated the audio version, which he says was the most challenging thing he’s ever done. I highly recommend the audio version, which features charming outtakes between each chapter, spotlighting how difficult it is for Phil to read continuously for hours.

For more summer reading ideas, check-out Julie’s past reviews on our website. Go to ccranews.com, select the magnifying glass icon at top and enter book reviews.

Port Union Library

Programs to celebrate Seniors Month

Flower Craft in June: Saturday, June 14, 11 a.m. - 12 p.m. Celebrate Seniors Month with this hands-on craft session to make beautiful pipe cleaner flowers! Materials are provided and you take home your flowers to brighten up your space.

Snap Circuits for Seniors: Tuesday, June 17, 6:30 - 7:30 p.m. Turn on a light, spin a motor, activate a speaker and choose from hundreds of different projects. Have fun learning the basics of circuitry and electricity with Snap Circuits. Equipment will be provided for this class.

Lego Challenge for Seniors: Tuesday, June 24, 6:30 - 7:30 p.m. Calling all Lego builders! Join us for an exciting Lego Challenge where you can build, design and create! This is also a chance to display your imagination and creativity with friends.

Above programs are drop in. No registration is required but space is limited.

Regular programs

Movie Night: Mondays, June 2, 9, 16, 23, 30, 6 - 8 p.m. Adults and Older Adults are welcome Monday evenings for Port Union Movie Night. We will screen a variety of films, from golden oldies to later releases.

Afternoon Book Club: Tuesday, June 3, 2 - 3 p.m. Join us the first Tuesday of each month for an engaging book discussion. This month’s book is *The Dutch House* by Ann Patchett. The library will provide 15 copies of the books or you may order your own. Contact the branch for more details. Drop-in program, space is limited.

Evening Book Club: Tuesday, June 10, 6:30 - 7:30 p.m. Join us for our Evening Book Club to discuss great books. This month’s book is *The Great Alone* by Kristin Hannah. The library will provide 15 copies of the books or you may order your own. Contact the branch for details. Drop-in program, space is limited.

English Conversation Circle: Tuesday, June 3, 6 - 7 p.m. Are you learning English or are you new to Canada? Do you want to improve your English conversation skills in a relaxing and informal environment? Join us on Tuesday evenings for an informal discussion on various topics that allow you to practice speaking English and make new connections. This is not a formal English class. Drop-in program, space is limited.

Family Time: Wednesdays, June 4, 11, 18, 25, 10:30 - 11 a.m. Enjoy stories, songs and rhymes at a staff-led story time for the entire family. For children 5 years and under with their parents or caregivers. Drop-in program.

Teen Study Hall: Thursdays, June 5, 12, 19, 26, 4 - 6 p.m. Do you need a quiet space to study for exams? Join us on Thursdays in June to study and complete your assignments. Drop-in program for teens 13-19 years old. Space is limited.

Baby Time: Fridays, June 6, 13, 20, 27, 10:30-11 a.m. Introduce your child (18 months to 3 years) to sounds and actions at a staff-led story time with rhymes, songs and stories. For toddlers with their parents or caregivers.

Toronto Public Health – Parenting Workshops: Fridays, 11 - 11:30 a.m. Join us for Parenting Workshops by Toronto Public Health Nurses. Workshops will follow our Baby Time programs. June 6 - Immunization; June 27 - Healthy Eating

Knitting Circle: Saturdays, June 7, 14, 21, 28, 9:30-10:30 a.m. Join Port Union’s Knitting Circle. Drop-in program but space is limited.

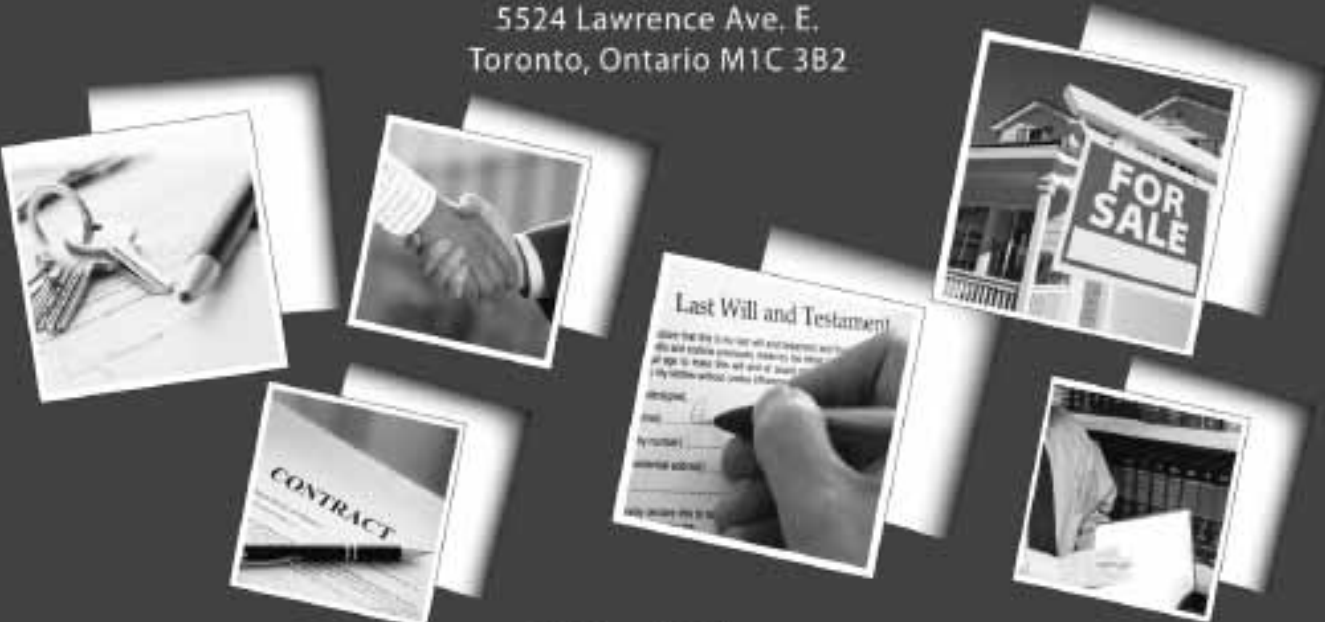
Family Club: Saturdays, June 7, 14, 21, 28, 11 a.m - 12 p.m. Come celebrate your Saturday morning at Port Union Library! Drop in program. space is limited.

Book-a-Librarian Sessions: Contact library staff to reserve a 30-60 minute one-on-one session.

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Food

Cabbage salad a delicious addition to your summer menu

By Kathryn McLean

Summer is nearly here, and that means lots of eating outdoors with picnics, barbecues and lunches on the deck. Cabbage salad is an easy and delicious dish to add to the menu!

It's a versatile option because it keeps for days, you can add or take away ingredients to suit what you like or have in the kitchen, it acts as a side dish, but can also be added to sandwiches or used to top tacos, and if you add some protein, it can become an entree salad.

The starting point for a cabbage salad starts with shredded or finely sliced cabbage. Choose green cabbage, savoy, Napa, or even red (purple) cabbage. You will get a lot of salad from one head, so start by using half.

Thinly slice the cabbage by hand or use a mandolin or the slicer blade attachment in your food processor. Next, add the additional ingredients. Choose as many or as few as you like. The amounts are approximate because you may like lots of raw white onion in your salad, or you may like just a few flecks of chives. Take the amounts as a suggestion.

The key is that cabbage is the predominant ingredient, and all ingredients are sliced very thin. Some can be prepared by using the large holes on the side of a box grater, similar to grating cheese.

Additional Ingredients:

- Carrot (1-2)
- Onion: red or white, green or chives (¼ to ½ onion, 2-3 green, 6-8 chives)
- Bell pepper or jalapeno or chilis (½ to 1 pepper, 1 jalapeno/chili)
- Radish (3-4)
- Snap peas (6-10)
- Fresh herbs such as parsley, cilantro, dill or basil. But if you like tarragon, oregano, thyme, add those. (3-5 sprigs)
- Cucumber or zucchini (½)
- Apple or pear (1-2)
- Orange or other citrus fruit (1-2)
- Pickles or olives (4+ pickles, 8+ olives)
- Dried fruits (¼ cup+)

And maybe a handful of something crunchy for topping, like nuts or seeds.

As for dressing, you can buy any number of varieties of bottled dressing at the store. Shake the bottle well before using and be generous with it. Add the dressing in advance and mix everything well. The salad should rest in the fridge for at least an hour before serving so the vinegar in the dressing can break down the cabbage a bit.

If you want to make your own dressing, here are two suggestions.

Vinegar and lemon dressing: Combine ¼ cup olive oil and ¼ cup plain yogurt or sour cream with ¼ cup white

or white wine vinegar and ¼ cup lemon juice in a small dish or container with a tight-fitting lid. Add ½ tsp each salt and pepper. Mix well or add the lid and shake well.

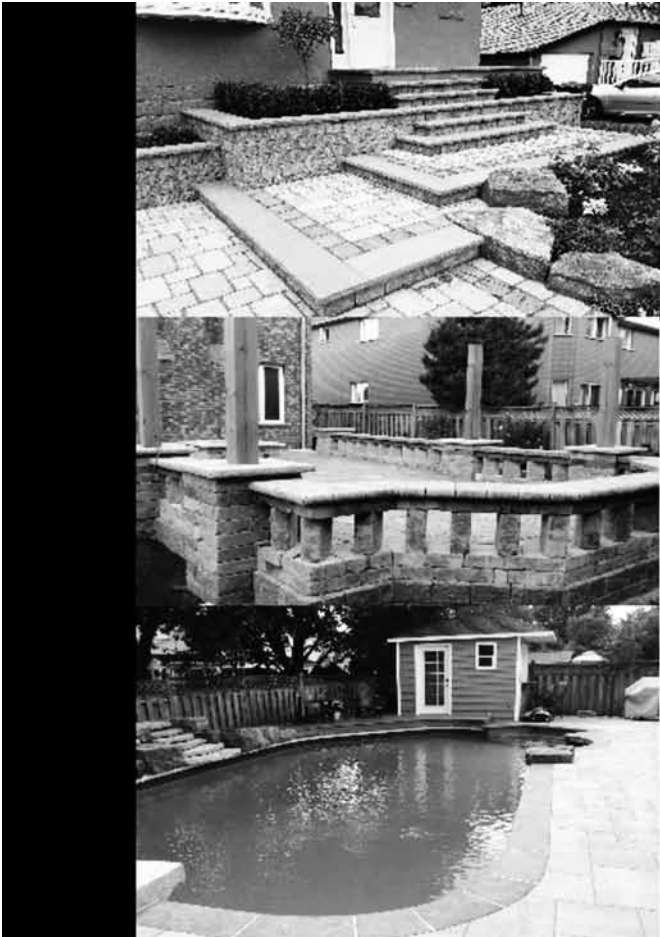
Creamy dressing: Combine ½ cup olive oil with ¼ cup white or white wine vinegar and ¼ cup lemon juice in a small dish or container with a tight-fitting lid. Add ½ tsp each salt and pepper. Mix well, or add the lid and shake well.

For both types, pour half of the dressing over the salad and mix well. Everything should be coated. Add more dressing, as needed, and mix again. Cover and refrigerate until you're ready to eat.

Go ahead and try variations of this salad throughout the summer by mixing up the optional add-ins to suit your menu. Enjoy!



Try variations of this salad throughout the summer by mixing up the optional add-ins.



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Vinegar and lemon dressing: Combine ¼ cup olive oil and ¼ cup plain yogurt or sour cream with ¼ cup white

Choose Canada

For locally grown veggies, try Malvern Urban Farmers' Market

By Kathryn Stocks

Many residents in Centennial planted vegetables in their gardens last month in order to enjoy the bounty of fresh produce all summer and into the fall. This is probably happening even more in our community this season as we all strive to eat food that's grown here in Canada. If you don't have a backyard or the opportunity to grow your own, farmers' markets are always a great place to shop for local produce.

Fairly close to us, Malvern Urban Farm has two acres of land in the Finch hydro corridor at Neilson and Morningside. It allows 19 community farming groups to grow their own food, and it's going to be expanded by another acre this year. The main goal of this farm, which is now in its fifth year, is to provide a space for community members to grow food to address food insecurity.

Malvern Urban Farmers' Market, an initiative by Malvern Family Resource Centre (MFRC), is a weekly market at 90 Littles Rd. that gives some of the farmers an opportunity to sell their produce to the public. This market is open every Wednesday from 4 to 7 p.m. from June 4 until October 8. Some of the veggies you will



Malvern Urban Farmers' Market at 90 Littles Rd. is open every Wednesday from 4 to 7 p.m. from June to October.

find there include: tomatoes, onions, peppers, cabbage, corn, okra, callaloo/amaranth (a leafy green vegetable used in Caribbean cuisine), beans, garlic, spinach, carrots, basil and beetroots.

These are grown organically, although they're not officially certified.

Also at the market, you'll find other community vendors' booths for things like hot food, baked goods, candles, jewelry, and hair and body care. All vendors and artisans are local.

You can pay by cash or by "market bucks." This is a program provided by the market that helps patrons in two ways. One, it mitigates food insecurity among market patrons with a little extra cash if needed. Two, it acts as cash for card-using patrons since many of the farmers don't have a credit/debit machine. The market bucks are either \$2 or \$5.

To add to the enjoyment of buying fresh local produce and chatting with the people who grew it, the farmers' market also has special event days: June 18 is Indigenous Peoples Day, June 25 is the Summer Stuff Swap, and on July 2 they'll be having their Strawberry Festival.

Winners of our membership incentive

Congratulations, Lisa Nugara, and a big thank you for supporting the Centennial Community and Recreation Association with your membership. Lisa is the lucky winner of CCRA's special membership incentive draw announced earlier this spring. The arrival of the April edition of Centennial News in Lisa's mailbox reminded her to get her 2025 CCRA membership, which she had been meaning to do for a while.

Winning the draw prize was a big surprise to Lisa, as she wasn't aware of the

membership incentive! Lisa won a beautifully curated basket of cleaning supplies donated by a generous resident and supporter of CCRA.

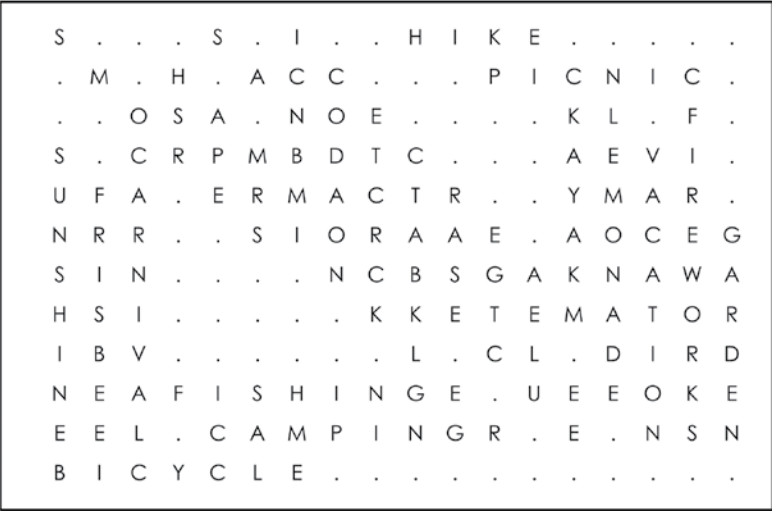
The other very special part of this prize that Lisa won is a complimentary cleaning service generously donated by Gaile Giraud Hodge, who owns her own home cleaning and organizing company called "Gaile is Here." In acknowledgement of Gaile's donated service, CCRA has made a donation to Julliette's Place, a refuge for abused women and their children.



Left: Lisa Nugara is the winner of a basket of supplies and a complimentary cleaning service donated by Gaile Giraud Hodge. Right: In acknowledgement of Gaile's donated service, CCRA donated \$500 to Julliette's Place, and Community Outreach and Development Manager Simone Cornelissen was happy to accept it.

Continued from page 12

Correct solution to Summer Word Search on page 12.



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Membership

June is CCRA’s membership month

By Denise Bacon

This year, June is the start of the annual CCRA Membership Campaign. Fewer residents volunteered to canvass neighbours, so you may not get a knock on your door to purchase a 2025 membership this year.

Please don’t let this be a showstopper for you! You can get a membership by:

- Cash or cheque – submit with the membership form on this page.
- E-transfer to *membership@ccranews.com* and include your name and address in the message field.
- Two online payment options through *www.ccranews.com*. Click on “Member Signup:”
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Distribution
Summer always brings changes

By Wanda Wierzbicki

It is hard to believe this is the last issue of the Centennial News before we break for the summer. Southern Ontario is experiencing record low temperatures (last seen in 1967). I’m hoping summer makes an appearance soon.

June always brings changes to the distribution team. Many student distributors are graduating from high school and moving on to post-secondary education. The CCRA thanks them for their service and wishes them all the best as they begin new experiences in new cities.

Longtime distributors often decide this is the right time to retire or leave to pursue other interests. A big Thank You goes to **Fern McBride** and **Jennifer Graham** for their dedication and service to our community. As a result, a couple of routes will become available in September:

D’Arcy Magee – 35 homes
Bonacres (#63-91) and **Jean Dempsey** – 56 homes

If you are interested in becoming a volunteer distributor, please send me an email at *distribution@ccranews.com*. You don’t have to be a student. Distribution takes less than an hour once a month. It is a wonderful way to get a few extra “steps” and meet your neighbours.

At this time, I want to say a big Thank You to the entire Distribution Team. You are all amazing! We couldn’t do it without you.

Please become a member this summer!

CCRA 2025 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 **Member signup** to pay with credit card or PayPal.

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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.

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Wishing you a Safe and Happy summer!

The CCRA newspaper takes a little break, but we don’t! Ross and I will be around all summer and are always just a call, text or email away.

Whether you're thinking about buying or selling or simply have questions about the market, we’re here to help.



We live here. We work here. We give back.

As a sister and brother duo, we’ve called this community home for over 50 years combined. We feel so fortunate to live, work, and volunteer in a place we truly love – and giving back is just one way we show our appreciation.

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137 Maberley Cres.
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15 Island Rd. #41
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SOLD \$653,500 in 4 Days
April 2025



3233 Eglinton Ave. #1606
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SOLD \$578,800
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10 Guildwood Pkwy. #824
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39 Satchell Blvd.
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445 Friendship Ave.
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SOLD \$1,400,000 in 2 Days
May 2024



26 Dunwatson Dr.
Listed at \$1,499,800
SOLD \$1,510,000 in 1 Day
May 2024



124 Acheson Blvd.
Listed at \$1,150,000
SOLD \$1,255,000 in 1 Day
April 2024



24 D'arcy Magee Cres.
Represented Buyer
SOLD \$1,140,000
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88 Oakmeadow Blvd.
7 Oaks Community
SOLD \$1,450,000
November 2023



1886 Parkside Dr.
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November 2023



334 Jaybell Grove
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