

WestRouge life

SPRING/SUMMER 2023 COMMUNITY LIFE IN WEST ROUGE



Spring at Rouge Marsh

From The Archives

7 Ways to Take Care of Your Mental Health

The Zoo Report



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CREDITS

PUBLISHER

Rose Morra

EDITOR

Julie Purmalis

ART DIRECTOR

adarmygroup.com

MARKETING CONSULTANT

Paul Cookson

CIRCULATION

Fiona Wissborn
Ralph Wissborn

ADVERTISING DIRECTOR

Maddy Chandrasekaran

WEBMASTER

Kevin Narraway

SIGNBOARD

Kevin Narraway

West Rouge Life is published two times a year and delivered to every house in the community by volunteer West Rouge residents. We invite your letters and comments about material in this issue, or on any other matter of interest to West Rouge residents.

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This magazine is produced by community volunteers.

ON THE COVER

VOL.23 NO.1
SPRING/SUMMER
2023



Photo Credit:
Colin Winn
colinwinnphotos.com



The West Rouge Community Association is your neighbourhood residents' association. We are a group of volunteers who work to keep our community a safe, friendly, and beautiful place to live.

The West Rouge Community Association is an advocate for our community

- We help to ensure responsible development in our community
- We build connections with local politicians and government decision-makers
- We support community events and local teams in West Rouge
- We keep residents informed of community news, including publishing and delivering the West Rouge Life magazine
- We help to protect the environment and natural beauty of West Rouge

Support the West Rouge Community Association by becoming a member today!

**Get your annual membership today
Only \$15 per household**

Becoming a member is easy. There are two ways to join:

- Visit www.westrouge.org/membership to join online; or
- Mail or deliver the membership form below along with a \$15 cheque payable to the West Rouge Community Association to 270 Rouge Hills Drive, Scarborough, ON M1C 2Z1

www.westrouge.org



facebook.com/westrougeca

We always welcome new volunteers, please visit our website to contact us!



WRCA Annual Membership Form

Complete this form and mail or deliver to the West Rouge Community Centre
270 Rouge Hills Drive, Scarborough, ON M1C 2Z1

Name: _____

Address: _____

Email: _____

President's Message

Reza Khoshdel



Please feel free to contact me:
reza.khoshdel01@gmail.com

As the seasons change, and the weather gets warmer, we welcome new opportunities to gather with wonderful neighbours. One constant variable throughout the seasons, however, is the dedication of the WRCA, and our love for this neighbourhood. Our mission is to serve the diverse needs of our community in a variety of ways: a) we advocate for the preservation of the natural elements of our community; b) we advocate for responsible growth and development by working with all levels of government; and c) we strive to keep you informed about local events, groups, or social causes. We strive to be your voice, and will always work hard to have your best interests at heart. As a local community organization, we strive to keep our members informed about local issues, and we do so by using a variety of methods including: West Rouge Life Magazine, our website www.westrouge.org, on Facebook www.facebook.com/westrougeca, our monthly email newsletters, and our electronic sign located on Island Road (beside No Frills).

The WRCA board continues to evolve and progress. As a community organization, we are always on the lookout for new ideas, new energy and new perspectives. Our board of directors has a wide array of backgrounds, skills and lived experiences, and this diversity plays an important part in our success and our ability to serve the West Rouge community. Joining the WRCA board is a great way to give back to your community and be involved on the

forefront of community development and enrichment. If you are interested in learning more, please do not hesitate to reach out!

The West Rouge Community Association would not be possible without the dedicated commitment and efforts of our volunteers. If you are interested in volunteering your time and giving back to your community, we have a variety of roles that may be of interest to you. Please feel free to contact me at: reza.khoshdel01@gmail.com.

I want to extend my appreciation and gratitude to the numerous community volunteers who dedicate themselves to producing West Rouge Life magazine, including our amazing Street Captains and Area Coordinators who provide delivery, and to our valued advertiser contributions which support costs associated with design and printing. We would not be able to provide you this publication without the dedication and hard work of these individuals.

In conclusion, I would like to encourage everyone who has yet to purchase their \$15 annual membership to do so, and I thank those who have already renewed for their continued support. Your membership contributions are invested directly in our community and help fund the work of the association, which includes supporting local events and initiatives in West Rouge.



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MPP Scarborough–Rouge Park



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DEAR RESIDENTS OF WEST ROUGE

I hope you and your families are having a great start to the year. I want to wish you a year of good health and many blessings. I am looking forward to continuing to serve the West Rouge community in 2023.

CELEBRATING PORT UNION WINTERFEST

I had a wonderful time with constituents and community leaders at the Port Union Winterfest. I want to thank the organizers and volunteers for bringing the community together. It was a wonderful opportunity to catch up with many of you and discuss important issues in our community.

SUPPORTING THE SCARBOROUGH HEALTH NETWORK

I am very proud to announce that the government is increasing key funding to the Scarborough Health Network in order to improve various elements of care for the residents of Scarborough. It is very important that we see the positive impact the budget expansion has had on our community. The government is investing:

- \$321,067 to implement “Hospital at Home” programs

and Behavioural Supports by providing the resources and assistance needed to support people as they transition safely from hospital to home with the support they require.

- \$200,200 in 2022/23 to increase MRI operation capacity to reduce wait times and increase access for patients needing an MRI.
- \$4,599,494 to support critical upgrades, repairs and maintenance through the Health Infrastructure Renewal Fund (HIRF) and the Community Infrastructure Renewal Fund (CIRF) which will ensure patients can continue to access the care they need.

ONTARIO IS IMPROVING ACCESS TO CRITICAL GOVERNMENT SERVICES

The Ontario government is making it faster, easier and more convenient for people and businesses to access services through ServiceOntario. You are now able to renew your driver’s license, health card, accessible parking permit, and other important documents online.

If you are in need of an in-person appointment, we are also improving the booking system at many of the busiest ServiceOntario locations.

These efforts will allow you to save valuable time and focus on more important things.

I encourage you to visit [ServiceOntario.ca](https://www.serviceontario.ca) for more information.

I look forward to continuing our work and meeting with you all this year. 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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WE ARE VOLUNTEERS who take time out of our day to make life in West Rouge better for everyone in the community.

OUR PRINCIPAL FUNCTIONS ARE:

- to distribute information of interest to the community,
- to promote and encourage participation in civic and community life, and
- to monitor and act on those issues before our governments of concern to residents.

The West Rouge Community Association relies on your support. Please contact your street captain or any WRCA Board member to learn more and to become a member!

From the Publisher

Rose Morra



Please feel free to contact me:
WRLpublisher@gmail.com

HELLO WEST ROUGE NEIGHBOURS!

Community spirit is always in bloom, and we are looking for bright and colorful ways to have everyone become involved. Spring is here, and there is so much to say about our wonderful community! The green space all around us, the inviting waterfront, the sandy beach and many more recreational amenities available to everyone. I will admit, the most wonderful thing for me about our community is its members. I admire the care and pride we all aspire to in keeping our community beautiful.

Resonating our President's message, a very big THANK YOU, THANK YOU AND THANK YOU... to all our community volunteers and our advertisers that help with various events, and help keep this magazine in circulation. We can't do this without you! Your support is valued in so many ways! Thank you for keeping with the traditional methods of reaching community members, and others, informed about the various services within our community and the surrounding neighborhoods. There is so much to offer, and you won't want to miss out on any upcoming community events.

14TH ANNUAL PORT UNION WATERFRONT FESTIVAL

Saturday June 23, 2023, 11:00 AM – 3:00 PM
Port Union Village Common, Port Union & Lawrence

- Fun for the whole family.
- Enjoy the kiddie rides, climb the rock wall, etc.
- Live entertainment and BBQ.
- An all day ride bracelet costs \$10.00.

For info, or to volunteer, register at:
www.waterfrontpark.ca

2023 SUMMER CONCERT SERIES

2023 Summer Concert Series are returning to the Port Union Community Centre!

- Sundays in July: 9, 16, and 23.
- Rain or Shine

Sponsored by WRCA, CCRA, and West Rouge Sports and Recreation Association

Check the association websites or social media platforms for details closer to the date.

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Jennifer McKelvie

Deputy Mayor

Councillor, Scarborough – Rouge Park



Please feel free to contact me:

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INVESTING IN WEST ROUGE

Dear Neighbours,

I was honoured to be appointed Deputy Mayor at the start of this term, and I am completely committed to fulfilling the duties and obligations of the role. As Deputy Mayor, I will oversee the operations of the Office of the Mayor from the moment Mayor Tory's resignation is formally effective, until a new Mayor is elected by residents.

Residents can rest assured that my entire focus at this time is ensuring a smooth transition and continued good governance. It is in that spirit that I must clarify that I will not be seeking to run for Mayor in the upcoming by-election.

Representing the residents of my ward, and ensuring a smooth, stable transition until a new Mayor is elected, requires my full attention. I appreciate every resident who has reached out asking if I would run--my love for representing them and for my role, are why I won't be moving forward with a campaign for Mayor.

I sincerely appreciate the ongoing collaboration of my Council colleagues, and hardworking City staff who continue to demonstrate the utmost professionalism running our City services.

INVESTING IN COMMUNITY SAFETY

The proposed budget invests in all aspects of community safety, including police, youth and families, mental health and crisis response. An additional \$48 million is proposed for Toronto Police Services for 162 officers for priority response, 22 officers for case management and 16 neighbourhood officers. Funding is also included for 50 new TTC Special Constables and 10 additional Streets to Homes outreach workers on the TTC.

The budget also includes funding to hire up to 250 paramedics and 200 firefighters in 2023. We are also investing \$17 million in crisis supports, including funding for the Community Crisis Response Program which sends crisis supports to communities in the aftermath of violence, as well as funding for the Toronto Community Crisis Service (TCCS). The TCCS is a new, alternate approach to responding to someone in crisis that focuses on health, prevention and well-being. The service provides an alternative to police enforcement, creating a community-based, client centred, trauma-informed response to non-emergency crisis calls, and wellness checks. In Scarborough, TAIBU is the community partner for this pilot program. I would like to thank them for the important work they have done since the onset of this service.

INVESTING IN ROAD SAFETY

The budget includes \$72.3 million for Vision Zero, more than has previously been spent in any single year and \$30 million in cycling infrastructure across the City. These investments will make significant strides to improve the safety of pedestrians and cyclists. Locally, cycling infrastructure on Lawrence Avenue East is planned between East Avenue and Rouge Park. The budget also includes \$21.7 million for the Port Union Road project. Construction is planned to commence this spring. The work will include the addition of a second northbound lane, complete sidewalks on both sides and raised cycle tracks. Once complete, this project will improve conditions for people walking, cycling, and driving, and better manage traffic flow. You can learn more at www.toronto.ca/portunion.

INVESTING IN PARKS

Many residents have advocated for better dog parks in our ward. The Colonel Danforth Dog Park will



It was great to meet Aurora at the Port Union Winterfest dog show in January

be improved in 2023. The existing park has a pebble surface; the expanded area will include a different substrate. Community engagement and design will also take place this year for a new dog off leash area at Bob Hunter Park in 2024. If you would like us to send you the community survey when it opens, please let my office know.

The playground at Bill Hancox Park across from the Port Union Recreation Centre will also be upgraded this year. I look forward to joining community members in taking advantage of these wonderful new and improved spaces once construction has been completed.

INVESTING IN CLIMATE ACTION AND OUR GREENSPACES

This budget invests \$2 Billion in climate action towards our ambitious goal of net zero by 2040. We're decreasing greenhouse gas emissions

in the building, transportation and waste sectors. Deep energy retrofits of municipal buildings and construction of new net zero facilities are underway. Through our City of Toronto fleet plan and TTC green bus program, we are embracing an electric future and our solid waste program is ramping up production of renewable natural gas from our green bin waste. We're also investing in climate resilience through the wet weather flow master plan, which will prepare Toronto for the wilder, wetter, warmer weather expected in the future. Our ravines sequester carbon, protect us from flooding and contribute to the physical and mental wellbeing of residents. The 2023 City budget includes \$2.9M in operating for invasive species removal, litter cleanup, student internships and community engagement. We're also making capital investments in trails, wayfinding and ecosystem

restoration. Locally, funding is included in this budget for repairs to the Waterfront Trail between Highland Creek and Beechgrove.

In January, I joined ministers from the Federal government to announce new funding for projects that will protect and expand greenspaces in Ontario. This included \$1.05 million dedicated to expanding our ecological corridor in Rouge National Urban Park by improving the connection to the Meadoway. I would like to thank our MP Gary Anandasangaree for this funding and supporting our community.

WE'RE WORKING FOR YOU

To assist with municipal issues, to stay up to date on local projects, and/or receive my newsletter, please e-mail councillor_mckelvie@toronto.ca. You can also follow me on Facebook & Instagram @McKelvieWardTO.

Gary Anandasangaree

MP Scarborough-Rouge Park



3600 Ellesmere Rd, Unit 3, Scarborough, ON
416.283.1414 • gary.anand@parl.gc.ca

Dear West Rouge,

I want to wish you all a wonderful spring, especially after a particularly cold winter. My team and I are always 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



CANADA DENTAL BENEFIT

I am pleased to report the launch of the Canada Dental Benefit, a first-of-its-kind program to ease the burden of dental costs for parents of young children. The Benefit is available to families with children under 12 who have a net income of less than \$90,000 and who do not have private dental insurance. Those eligible will be granted up-front, tax-free dental care payments of up to \$650 per child annually.

I encourage eligible parents or guardians to apply for the Canada Dental Benefit via CRA My Account or call the CRA's dedicated phone line at

1-800-715-8836 to complete your application with an agent. Please apply for the first payment by June 30, 2023, and apply for the second payment between July 1, 2023 and June 30, 2024.

With a third of Canadians not covered by dental insurance, many are forced to forego necessary trips to the dentist due to cost. This program will be in place for two years as we work to build a long-term Canada-wide dental care program that will include seniors, those under 18, and Canadians living with a disability.

SUPPORTING CANADA'S HEALTH CARE SYSTEM

From long wait times to exhausted health care workers, it is no surprise that our healthcare system faces significant challenges that require good faith and cooperation between the federal and provincial governments.

While we will respectfully support the health needs of every province and territory, we have been clear that any additional health care funding must be tied to improved services on the ground. This includes:

- Reducing backlogs and supporting our health care workers;
 - Enhancing access to family health services;
 - Improving mental health and substance use services;
 - Helping Canadians age with dignity, closer to home; and
 - Using health data and digital health more effectively.
- We will keep working with the provinces and territories to improve healthcare in Canada so that everyone can get the care they deserve when and wherever they need it.

We will also continue to uphold the principles of the Canada Health Act, which requires universal

GARY ANANDASANGAREE, MP

SCARBOROUGH—ROUGE PARK



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GARY.ANAND@PARL.GC.CA



access to public health services based on one's need and not their ability to pay. When it comes to something as crucial as health, Canadians know that privatization is the wrong solution to the right problem.

For 2023, the federal government will provide a record \$94.6 billion in transfer funding to the provinces and territories, including \$49.4 billion to the Canada Health Transfer. This figure does not include additional funding from federal-provincial health care deals made earlier this year.

CANADA'S INDO-PACIFIC STRATEGY

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 Indo-Pacific Strategy outlines new investments in the region to 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 critical minerals.

The decisions made in the region will impact Canadians for generations, and Canada must have a seat and voice at the table. I encourage you to read the full Strategy.



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Anu Sriskandarajah

TDSB School Trustee - Ward 22,
Scarborough-Rouge Park



Please feel free to contact me:

416.395.8787 • anu.sriskandarajah@tdsb.on.ca

THE NEED FOR A FEDERAL SCHOOL NUTRITION PROGRAM

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 government 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 a dramatic increase in food bank use. The federal government is consulting on a possible national school policy, but has not committed as to when a program will be implemented. The Board passed a motion to write a letter to the provincial and federal government to highlight the even more pressing need for a national student nutrition program.

A COLLABORATIVE APPROACH TO 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 community partnerships
8. Work with Toronto Police

9. Work with the City of Toronto
10. Update security technologies, for example cameras
11. 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. This is one of the most important festivals celebrated by Tamils. Thai Pongal is a harvest festival that offers thanks to the sun and nature for crops.

This year's theme for TDSB's Tamil Heritage Month was: Community. Belonging. Joy - This theme was selected intentionally to align with one of the TDSB's priorities - Joy, Engagement and Belonging.

Some of the ways that Tamil Heritage Month was celebrated included:

1. Daily Quotes and Facts about Tamil Heritage
2. Poster Contest: All TDSB students across the system were invited to submit an image to this year's theme of Community. Belonging. Joy. There were many great entries. You can view the winning posters here: <https://bit.ly/3JaBacq>

IN MY MOSQUE: LOVE AND BELONGING IN COMMUNITY SPACES

The TDSB commemorated the National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia (January 29). The author and illustrator of the book, *In My Mosque*, hosted an interactive storytelling session focused on love and belonging in community spaces.

INTERNATIONAL HOLOCAUST REMEMBRANCE DAY: SPECIAL PROGRAMS



Anu (far right) & community members celebrating Tamil Heritage month.

The Children of Willesden Lane concerts took place on January 31 and February 1 to commemorate the day. Thanks to a wonderful donation from Liberation75 and the Shoah Foundation, the Board received almost 10,000 books which have been distributed by teacher request right across the Board.

AFRICAN HERITAGE MONTH AT THE TDSB

Update to Save the Date - Invitation to Virtual Launch February 1st, 2023

During the month of February, the TDSB recognizes African Heritage (Black History) Month. The theme this year is Black Joy. The theme of Black Joy was selected by the African Heritage Month Volunteer Planning Committee. The priority being the importance of joy, engagement and belonging in our schools as a foundation for academic achievement and student success; and the second priority being the elimination of disproportionate outcomes for students.



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Spring at Rouge Marsh



By Bob Hester | Photo: Paul James

As residents of West Rouge, we are fortunate to have the Rouge Marsh as part of our neighbourhood. During the winter, things are quiet in the marsh, apart from the occasional skaters, skiers and hikers. A Red-tailed hawk can sometimes be seen soaring overhead. The fish, frogs and turtles that spend the winter below the ice are inactive, conserving their energy to survive the cold and scarcity of food. After winter, the activity that returns to the marsh is as sure a sign of spring returning, as are longer days and warmer weather. The fish, frogs and turtles that have survived the winter conditions become active again. The birds that have spent the winter in the south return to nest in the marsh, or to rest and refuel before continuing their journey north.



Wood Duck

An early sign of spring in the marsh is the return of the Red-winged blackbirds, most evident by the chatter of the males in the evening in the trees, and by their descent into the marsh at nightfall. The males are the first to arrive. They establish their territories in the cattails in the marsh, and await the returning females.

Another early sign of spring is the gathering of gulls, mainly Ring-billed gulls, on the rotting ice in the open-water wetland at the south end of the marsh. They gather there before moving on to their nesting colonies.

Even before the blackbirds arrive and the gulls congregate, male wood frogs begin their spring chorus, often as early as March, in a couple of places in the flooded woodlands adjacent to the Cattail Marsh. Later, the chorus of American toads can be

heard throughout the cattails, with the occasional Leopard Frog or Grey Tree frog joining in. The spring chorus of frogs and toads, which is produced by the males to attract females for breeding, has been declining for many years, but remains a welcome sign of spring. If you are interested in identifying the frogs and toads by their songs, recordings are available on the internet.

In early spring, the raccoons that have been active in our neighbourhood all winter, renew their patrols of the edges of the marsh, foraging for a tasty meal.

The Cattail Marsh is a breeding ground for a wide variety of birds that migrate north each spring. Marsh Wrens, Virginia Rails, Soras, Common Moorhens, American Coots and American Bitterns are reclusive birds, seldom seen but sometimes heard in the dense cattail portions of the marsh. Green Herons and Black-crowned Night Herons nest around the edge of the marsh in trees or shrubs.

Many species of waterfowl nest in the cattail marsh each spring, including: Canada Geese, Trumpeter Swans, mallards and Blue-winged Teals. One of my personal favourite signs of spring is the appearance of wood ducks in the trees fringing the marsh. The male wood duck is the subject of the accompanying photo. This species nests in cavities in trees, sometimes well above the ground. The hatchlings emerge from the nest cavity, drop to the ground and begin their trek to the marsh.

The walking bridge that crosses the Rouge River near its mouth hosts a nesting colony of Cliff Swallows each spring. They build their nests in the open spaces beneath the bridge walkway. These aerial acrobats can be seen flying in and out of the nesting colony and catching the insects that they eat and feed to their young.

This is a brief and incomplete overview of spring activity in the marsh. The timing each year will vary depending on whether spring is early or late. After the cold, short days of winter, get out and enjoy these and other signs of spring.

Be Like Barb!

GARAGE SALE



AND SO SHE CONTINUES...

HUGE THANK YOU to the infatigable Barb Broadley (see "Be Like Barb!" from our 2022 Fall/Winter issue), for her tireless efforts in the West Rouge Community!

Again, Barb is organizing community events...

GARAGE SALE DATES

It's that time of year to start thinking of decluttering your home and clothes. It helps to clear the mind, and makes someone enjoy new treasures in their home.

Mark down the dates and contact the sale person to get a spot. May 27/28 Community garage sale put on by Georgiana Woods.

Please contact Georgiana via email at georgiana@georgianawoods.com to register your street. She also has signage that you can borrow to put up prior to the date. You need to request signage, arrange to pick it up and drop it back off to Georgiana after the sale.

Saturday, June 10th – put on by West Rouge Sports & Recreation Association. It is from 9-1:00PM. Please contact Barbara at 416-724-0416 to get a spot for the sale. Booking of spots, cost and more details will be provided by Barbara.

Repair Cafe

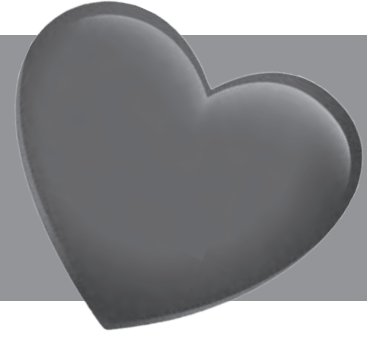
Repair Café Toronto is a volunteer group that organizes events where neighbours help neighbours learn how to do small repairs. Many things are thrown out, when a simple repair would keep things out of our landfills.

There have been past events to our West Rouge Community. Repair Café comes to Port Union

Community Centre regularly.

For more info, please email portunionrepaircafe@gmail.com.

7 Ways to Take Care of Your Mental Health



By Althea Fernandes, MC, RP, CCC

Taking care of one's mental health is something that people sometimes neglect, but it's just as important as taking care of one's physical health. From making sure you get enough sleep, to eating healthy, to spending time with friends and family, here are some ways to take care of your mental health:

1. GET ENOUGH SLEEP.

Getting enough sleep is crucial to maintaining good mental health. Sleep is a time for your body and mind to rest and recharge, so that you feel energized and ready for the next day.

- How much sleep do I really need?

The amount of sleep that's right for you depends on your age, but most adults require 7-8 hours of restful slumber every night. If you're having trouble sleeping through the night, try going to bed earlier than usual, or make sure your bedroom isn't too bright or noisy at night (and turn off those screens!). Also, make sure not to eat anything within 2 hours before bedtime; eating right before going to sleep can cause indigestion that keeps many people awake at night.

- What happens if I don't get enough shut eye?

If you're consistently getting less than 6 hours of sleep each night--or even just one night--there are many negative effects on both physical health, as well as mental well-being over time, such as stroke and heart disease risk factors like high blood pressure/cholesterol levels. It can also contribute to obesity issues later in life.

2. EXERCISE REGULARLY

Exercise is one of the best ways to take care of your mental health.

- It releases endorphins, which make you feel good.
- It helps you sleep better.
- It can help you deal with stress and anxiety, or depression, by releasing feel-good chemicals in the brain that reduce pain, lift your mood and

boost self-esteem. Exercise is also good for your physical health.

3. TAKE BREAKS THROUGHOUT THE DAY

Taking breaks is important for your mental health. It helps you recharge, so that you're more productive when it's time to get back to work. When taking a break, try something that's not related to work you are doing, like going for a walk, or having some tea with friends. That way, when it's time for another break, you'll still be feeling refreshed!

Taking breaks throughout the day can also help prevent burnout by giving us opportunities to rest our minds from what we've been focusing on (whether it be work or school). Taking this kind of break allows us some much-needed downtime where we won't feel like we need anything else besides ourselves--and maybe some Netflix if it helps get us through those last few minutes before lunch rolls around again!

4. EAT A HEALTHY DIET

A balanced meal plan is important for your physical health and mental wellbeing, and it's one of the easiest things you can do to improve your mental health. A healthy diet will help you feel more energized, less stressed, and less anxious--plus it gives you something productive (eating) to do instead of feeling anxious or depressed!

Eat more fruits and vegetables: Fruits and vegetables provide fiber that helps keep us full longer; vitamins such as vitamin C (oranges), folate (leafy greens), A & E (avocados), potassium (bananas) which are good for lowering blood pressure; magnesium for stress relief; Omega 3 fatty acids from fish oil which helps reduce depression symptoms by improving brain function.

5. LEARN TO COMMUNICATE EFFECTIVELY WITH FRIENDS AND FAMILY MEMBERS

You can take steps to improve your communication with friends and family members.

- Be respectful of the other person's feelings.
- Recognize that different people have different communication styles.
- Be open to feedback and criticism, even if it is difficult for you to hear what is being said.
- Learn how to listen carefully without interrupting, so that others feel heard as well as understood when they communicate with you--and vice versa! This means paying attention not just with your ears but also through body language (facial expressions, eye contact) and tone of voice (appreciation).

6. BE MINDFUL OF YOUR THOUGHTS AND FEELINGS--AND THEIR IMPACT ON OTHERS

Being mindful of your thoughts and feelings--and their impact on others--is an important step toward self-care. This can be difficult, but it is also an essential part of being in therapy, and learning how to manage your symptoms. Be aware of what you are thinking about, how you feel, and the impact that has on you and others in your life. If something is bothering you or making you feel uncomfortable, think about how to deal with this situation in a way that helps both yourself and others around you.

If you are feeling overwhelmed, try to find a way to cope with your feelings. This may include talking about them with someone close to you or finding another outlet for your emotions. If possible, try not to internalize all of your feelings and frustrations until they build up into something bigger than they need to be.

7. STAY CONNECTED TO THE OUTSIDE WORLD

Stay connected to the outside world through social media, reading, and other activities that keep your mind engaged in productive pursuits while still allowing it to wander sometimes.

- Social media: The internet is a great way to stay connected with friends and family, but it's also easy for the time you spend online to spiral



out of control. It's important that you find ways to stay mentally healthy while still allowing yourself some time on social media.

- Reading: Reading is an excellent way to keep your mind engaged in productive pursuits while still allowing it to wander occasionally. Try reading fiction or nonfiction books that interest you, or listening to audiobooks while doing other things like driving or working out at the gym!
- Meditation: Meditation is an excellent way to relax and reduce stress. Try sitting down for 10 minutes each day and focusing on your breathing. This will help clear your mind and provide you with some much-needed downtime.

It's important to be proactive about taking care of your mental health

Taking care of your mental health is important for many reasons. First, it will improve your physical health. When you're in a good place mentally, it's easier to make healthy choices and exercise regularly. Additionally, taking care of yourself will help you achieve your goals because the better shape you're in mentally means that life's obstacles won't get in the way as much as they

would otherwise. Finally, taking care of yourself will help others; being a better friend or family member means that people feel supported by their loved ones which also improves mental health!

If you're feeling overwhelmed, it may be time to take action. There are many ways to improve your mental health, and they don't all require a trip to the doctor or therapist. Sometimes all it takes is taking some time away from work or other responsibilities so that your mind can rest and recharge.

The Ladies Auxiliary of the Royal Canadian Legion



HIGHLAND CREEK RCL BRANCH 258

As wounded Veterans returned home from the First World War, women were asked to help with their recovery by visiting hospitals, sending parcels to the hospitalized and to needy families. These ladies served the Veterans and their dependents, and thus the Ladies Auxiliary was created.

The Ladies Auxiliary is a completely separate entity within the Royal Canadian Legion, and received their own special charter on April 18th, 1947.

The first Highland Creek Ladies Auxiliary President was Dorothy Gilmore (Cook). When the auxiliary first began, there was no suitable hall to raise funds, so they would have card parties at member's homes to raise money.

Around 1951, the Ladies Auxiliary started catering functions in the then new Legion Hall, and they also started to host bingo. There are four schools in the Highland Creek area that are the recipients of scholarships.

The L.A. still continues to have fundraisers to raise money for charities, veterans and the Highland Creek Branch. Every year, they donate to the L.A. Provincial Bursary and Charitable Foundation Fund.

LADIES AUXILIARY SPORTS ACTIVITIES

The Ladies Auxiliaries enjoy friendly competition in many sports like darts, euchre and cribbage tournaments at the zone level, later going on to district and provincial levels. They also participate in Branch parades and the poppy campaign.

LADIES AUXILIARY BURSARY

For Ladies Auxiliary family members, yearly bursary assistance of \$1000.00 is available for students attending a post-secondary institution.

MEMBERSHIP

Becoming an auxiliary member can be a very rewarding experience. Our auxiliaries' goals are important to us and so are our members. They ensure that activities are planned for you to enjoy as well. It is recognized that not everyone wants to, or can give the same time commitment to the auxiliary, but we are grateful for whatever time you can spare to assist with the work of this great national organization.

We have a membership of just over fifty, and 11 are life members. Many of our Life Members and our Past Presidents are still very active in the Ladies Auxiliary.

Membership in the Ladies auxiliary is open to any female Canadian citizen or Commonwealth subject of federal voting age who supports the purposes and objectives of the Legion, and undertakes to support the activities of the Legion, especially the annual Poppy campaign.

New members are always welcome and if you would like to socialize and make new friends please contact Ladies Auxiliary President, brendabutt@rogers.com, or stop by the Branch.

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Crime Prevention & Safety



By Police Constable Leanna Gill

REPORTING AND PREVENTING FRAUD

Fraud is a crime that we as a community commonly refer to as a “scam”. Fraud occurrences typically target the victim’s money or identity. Being a victim of fraud can have a significant impact on one’s life, depending on the circumstances. People have lost their life savings, their home or other large investments, and suffered negative effects to their credit score.

Toronto Police Service recognizes the major impacts of this crime and is dedicated to assisting members of the community to provide awareness and tools to prevent fraud and scams.

At the beginning of 2023, the Toronto Police Service launched a yearlong campaign (educating the public about the most popular frauds) called #DontGetScammed. A new video is released on the first Friday of each month, describing a popular scam and what to be aware of to assist in preventing others from becoming a victim.

Toronto Police has also updated their crime prevention website focusing on fraud reporting and education. The website includes detailed breakdowns of what to do if you become a victim of crime, how to report it, and what information may be required. Information includes detailed protection tips on how to protect yourself from scams on a number of topics including, but not limited to: businesses, charities, dating, cryptocurrency, taxi and investment scams.

For all of the detailed information, visit www.tps.ca/fraud/ to check out the webpage.

If you have become a victim of fraud, or suspect your information may have been compromised, please check the following steps to help prevent it from happening again:

- Stop all communication with the scammer
- Stop making any major financial decisions until your accounts are secured
- Gather all records you have of the scam

- Notify your financial institution and other companies where you have an account that may have been affected
- Change all your passwords to your accounts, including social media sites
- Protect your devices that you use to communicate with the scammer, such as your computer, laptop, tablet and cellphone
- Ensure security or operating software on your device is up-to-date
- Install anti-spyware protection on your computer
- Perform a virus scan of your hard drive and files
- Do not send your personal, credit card or online banking details in an email
- Put an alert on your credit report by contacting Equifax Canada or TransUnion Canada

Educating yourself on frauds can help protect you and your loved ones from suffering a loss. The newly launched website provides valuable information on the most popular scams, but always remember that scammers are looking for the latest opportunity to commit the next fraud. Some attempts for fraud in the last year included: the vaccination scam, Rogers Communications outage rebate, and multiple government rebates that were offered throughout the Covid-19 pandemic. It is important to be aware that if a trend is occurring where an item is hard to obtain (I.e.: vaccinations in early 2021), scammers will use this to their advantage to deceive others who are trying to obtain something they currently desire.

If you believe a crime was committed, have information on a crime that was committed, or observe suspicious activity, please contact police. Some of the ways to contact police include:

In the event of an emergency, please call 911. Less urgent matters, please contact the non-emergency number at 416-808-2222.

If your crime meets the criteria, it can be reported online at <https://www.tps.ca/services/online-reporting/>

CONTINUED ON PAGE 38



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From The Archives

West Rouge Life, Summer 2011



A story from the 2011 archives of West Rouge Life by Alison Board, our former editor, about Phil Torrone, a small business legend in our community from 1958 to 2011. Enjoy.

Remembering Phil, a connection to our past

By Alison Board

In August 2011, West Rouge lost a link to its past with the unexpected death of Philip Torrone. You may have known Phil personally or just recognized him as the friendly proprietor of Rouge Hills Cleaners, but he was like an old friend to anyone who stepped through his door.

Back in 1958, Phil opened his Cleaners in the plaza on Island Road. He weathered many changes in the plaza as the only original tenant and changed locations within the plaza three times. First, his dry-cleaning and shoe repair business was located where Wilson's Barber Shop is today. Then in 1969 he moved his location to the middle of the plaza and expanded his business to include menswear. In 1976 he sold furniture from the same store, and in 1984 he moved to his last and most recent location in the plaza. When the plaza opened it had a grocery store, drug store, hardware store, and a TD bank. Phil would often recount the plaza's history with not less than ten owners in all the years (decades!) that he operated his business.



Phil's natural storytelling also provided friends and patrons in the community with a glimpse of West Rouge as he remembered it. This area was part of Pickering Township, as is evidenced on some manhole covers along Rouge Hills Drive. Port Union Road and Island Road were single gravel lanes. There was only a single lane bridge crossing Highland Creek when driving on Lawrence Avenue. This required a steep drive down then up on both sides of the valley. Much of the area was farmland, and of course there was the golf course on Rouge Hills Drive where the West Rouge Community Centre is located.

Over the years, Phil sponsored many local sports teams from various organizations, such as minor hockey, baseball, and soccer. The team photos were proudly displayed in his store for his patrons to see while picking up their dry-cleaning. Phil was a businessman that served the West Rouge community for 54 years. More importantly, he was a community member that shared the past with a relative newcomer (of 10 years) like me. He will be missed.

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The Zoo Report

When did you last visit the Toronto Zoo?

By Amy Naylor, Media Relations Coordinator, Toronto Zoo



The newest Orangutan residents of the Toronto Zoo.

Hi folks! Happy New Year! The arrival of 2023 marks an exciting time at the Toronto Zoo, as our state-of-the-art outdoor Orangutan habitat will officially be opening this spring! While there are many amazing components to this opening, including some phenomenal innovative guest experiences, one of the most important aspects is inspiring guests to make small changes in their day-to-day lives that create a significant impact for Sumatran orangutans in the wild.

While many of our new year resolutions may be waning at this point on the calendar, I'd like to suggest one that is easy, impactful, and doesn't require gym memberships or cutting out chocolate. The next time you are shopping for groceries, soaps, shampoos, or make up, select a brand that uses sustainable palm oil. Simple, right?

Most of the products we use everyday contain this ingredient, since it's inexpensive to produce, high yielding, and has a long shelf life. Unfortunately, not all palm oil is produced equally, and when not properly regulated,

results in deforestation, loss of biodiversity and greenhouse gas emissions. The forests of Southeast Asia are filled with a rich diversity of flora and fauna, and it is these forests that are disappearing at an alarming rate. The clearing of land for palm oil cultivation in Southeast Asia has increased in the last few decades, and has even spread to tropical South America and Africa. In 2017, the conservation status of Sumatran orangutans was changed from Endangered to Critically Endangered by the International Union for Conservation and Nature (IUCN). Today, fewer than 15,000 Sumatran orangutans can be found in the wild.

With so many brands and options out there, it can be overwhelming to make environmentally friendly choices. Fortunately, the Toronto Zoo has created an Orangutan Friendly Shopping Guide which gives examples of brands that are leaders in using Certified Sustainable

Palm Oil (CSPO), and are pushing the industry forward to make CSPO the norm. Favourite brands aren't listed there? Check out the "good alternatives" list, which includes companies that have made strong commitments and have taken positive steps towards using CSPO in their products.

We are not encouraging people to boycott products that contain palm oil, only to choose products containing palm oil that has been sustainably produced! As a national leader in saving and protecting wildlife, the Toronto Zoo is in a special position to raise awareness about the palm oil crisis, and provide the tools and information needed to help guests and followers make conservation-focused consumer choices.

Thank you as always for your continued support as we work towards our commitment of making the Toronto Zoo a world-class, innovative animal and conservation science experience! I look forward to crossing paths with you this winter at the Toronto Zoo!

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Membership Report



By Larry Whatmore, Membership Director, WRCA

WEST ROUGE SPRINGS BACK TO LIFE IN 2022

Greetings, fellow West Rougers! It was so good to see our community gradually come back to life over the past year. Ours is a tight community; we are knit together best when we can do so in person: in our parks, schools, shops, restaurants, and, of course, at community events. That's where the WRCA comes in. Thanks to you, our members, and our community partners, the WRCA was able to financially support the Port Union Waterfront Festival last June, the Summer Concert Series at Port Union Community Centre last July, and Winterfest this past January. We also organized the pumpkin parade, and the municipal all-candidates meeting, as well as sponsored West Rouge Soccer.

Your financial support of WRCA makes good things happen in our community. Thank you.

Remember, all these programs are volunteer-run and community funded. Without all of us, contributing financially and as volunteers, these events simply do not happen. Let's keep the momentum going in 2023! Our 2023 membership campaign is now under way. My thanks to the many street captains, and others, who have allowed us to adorn their lawns with our signs once again. The membership fee remains at \$15 per family. Many of you will be visited by your volunteer street captain. Please welcome them. We are so grateful to have almost 100 street captains in our community. This team is the volunteer backbone of West Rouge. Some of you might have received a note from your street captain with this issue of West Rouge Life, inviting you to contact them. I invite you to do so and become a member. Or you can join by PayPal. It's fast and easy. More and more of you use this every year. It's front and center on our website (www.westrouge.org) or you can drop off your membership form at West Rouge Community Centre. We have a mailbox behind the reception desk. Some of our members have been doing this for many years.

However you choose to pay, your \$15, multiplied hundreds of times over, makes it possible for us to help create the kind of community that we are all so proud to call home.

WELCOME TO OUR NEWEST STREET CAPTAINS!

We thank Praveen Sajja and Stefanie Valente for covering Rouge Highlands Drive, replacing Lynda Seaton who has stepped down after 25 years of service. We thank past President Kathi Loughran for covering part of Ridgewood Road, replacing Melita Sjouwerman, who has stepped down after ten years of passionate service.

We thank Ian Handscomb for covering part of Milldock Drive, replacing Ian Milne who has stepped down after more than ten years of service.

We thank Pat Roughley for covering Blue Anchor Trail and Dillon Place, replacing Peter Birrell, who has stepped down after more than 30 years of service.

We thank Chirag Jain for covering part of Rouge Hills Drive, replacing Glenna Giudditti, who has stepped down after 15 years of service.

And we thank area coordinator Slavica Vasilevska for covering Golders Green, replacing Margaret Granger, who has stepped down after 20 years of service.

We are fortunate to have so many passionate residents in West Rouge who care about our community and who give back, often for many years. Care to join our dedicated team of street captains? Please contact me. Many hands make light work.

I look forward to seeing you in the community, as the rhythms of life continue to return to normal.

Larry Whatmore
Membership Director
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West Rouge Sports & Recreation Association



By Louise Redgers Bonnycastle, President

We have worked very hard over the last year to provide our regular activities and even add in a few new ones. Our mandate is to create a sense of community by offering recreational, sporting and entertaining opportunities for everyone in the community. To this end, over the last few months since our last update, we have been busy running at least one event almost every month. We started in October with another virtual Fun Run as the RSV and flu seasons had started early. Our focus then went onto our first outdoor Halloween Party for the kids. Games were set up in the parking lot, along with crafts and a scavenger hunt for seasonal themed recycled pop bottles that led to a bag of goodies for all the costumed mini ghosts and goblins. Everyone had a great time. We then pivoted almost immediately into our Annual Pumpkin Parade on November 1. This event allows all those creative people in the neighbourhood to give their pumpkins one last hurrah! We had over 200 pumpkins beautifully carved, painted or decorated to admire in the skatepark area of the Port Union Community Center. We do this event as a joint venture with the Centennial Community Residents Association and the West Rouge Community Association. It was an amazing evening and in the end we sent all those pumpkins off to be composted.

November brought the return of our Annual Artisan Sale. With some incredible work from our volunteers, especially Paul our Vice President, we were able to gather together an enviable group of crafters who brought their wares together to create a wonderful Sunday filled with holiday shopping. If you missed it, mark your calendar for Sunday November 12, 2023.

Our session with the Royal Astronomical Society last spring, at the Waterfront, informed us that we had plenty of stargazers in the neighbourhood. We wanted to have an outdoor event, but decided it would be too cold in the evening, so we decided to go with a virtual event. With the help of a telescope in a rural yard in Brooklin, Ontario, we got to see the fall sky in all its infinite beauty. It is our plan to organize another in-person event in early May. Hopefully, we will have clear skies and dry weather.

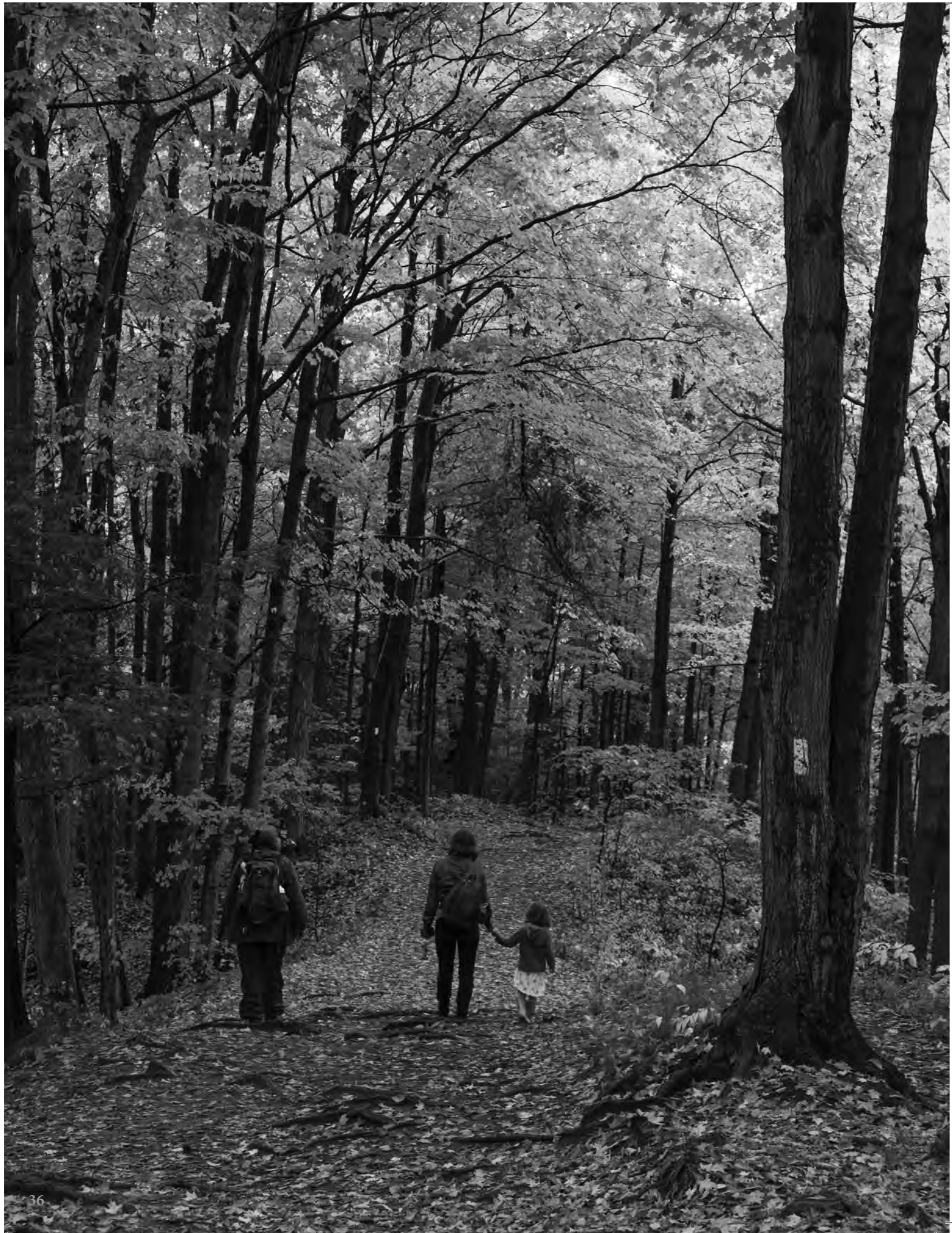
Our December event was the 2nd Annual Carol Sing. If you missed it, you missed a wonderful evening certain to put you in the holiday spirit. We were joined by the Bel Canto Singers, and their conductor, as well as our favourite neighbourhood MC, Douglas Tranquada. A visit from Santa, goody bags, and decorations for the kids to make as they warmed up inside topped off the evening.

Our plans for spring are coming together. We are planning another outdoor Easter Egg Hunt for the little ones on Saturday April 8. There will be games, crafts and plenty of treats for the kids. Saturday, June 10, is scheduled for our Annual Parking Lot Sale. Put aside your Garage Sale items as you do your spring cleaning, and come join us. We offer one stop shopping for a whole pile of Garage Sale items. Make sure you register early to get your spot(s), as they go quickly. All the information for this event, and all of our events, and photos of past events can be found on our website: www.sportsandrec.ca.

Summer 2023 will hopefully bring us three rain-free Sundays, with entertainment at the Port Union Community Center Park for our annual Concert Series with our other community partners. Last year, for the first time, we tried an afternoon for kids and their families with a fantastic Children's Entertainer that was a huge hit. We topped it off with evening concerts from the Climax Jazz Band, and Port United. I have never seen so many people dancing and having the time of their lives! We are also hoping to have the return of our Movie in the Park event that was rained out prior to Covid, and has yet to return. September will bring a family event at the West Rouge Community Center, and we will end our summer with an in-person Fun Run on the Waterfront (end of September).

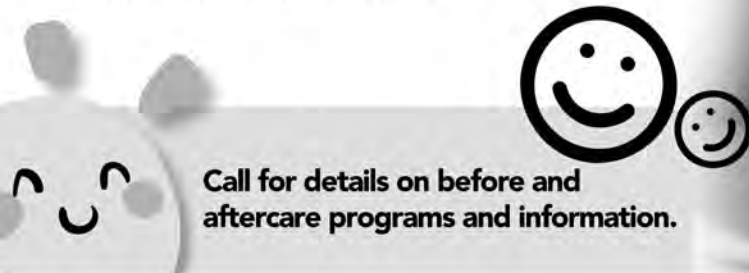
We are always looking for students to help with our events that need community service hours, and, of course, new adult volunteers to help us run our never ending list of events. Just send us an email to volunteer.

Louise Redgers Bonnycastle
President, West Rouge Sports and Recreation Association
Email: Louise@WRSRA.org
www.sportsandrec.ca | 416-283-1938



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The Rouge Butterflyway

Summer 2022 Report



By Karen Heisz, Volunteer Ranger, Rouge Butterflyway

LOOKING FORWARD TO ANOTHER BRIGHT AND BEAUTIFUL YEAR!

The enthusiastic volunteers of the Rouge Butterflyway are keen to follow last year's successes with a second native plant sale for the Centennial and West Rouge communities this spring!

Everyone enjoys watching butterflies flit gracefully from one flower to another in their garden, and many types of flowers supply them with nourishing nectar. 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 centers. The Butterflyway project, (<https://davidsuzuki.org/take-action/act-locally/butterflyway/>), 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; as said earlier, they are picky eaters, and,

furthermore, caterpillars are highly nutritious, and 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!

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 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 Center. Once again, we will purchase the plants from Native Plants in Claremont, our local native plant nursery. To receive the plant list and order form, please send an email to rouge.butterflyway@gmail.com and we will share the order package when it is ready.

If you would like to get more involved with the Rouge Butterflyway, we welcome anyone willing to spend a few hours each season helping with the planting and maintenance of the gardens at Sir Oliver Mowat and the Tony Stacey Center.

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?

CONTINUED FROM PAGE 27

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Police Constable Leanna Gill #10688
43 Division – Crime Prevention Officer
Toronto Police Service

West Rouge Tennis Club

Club of the Year 2022 & Coach of the Year 2022



By Peter Kusiak

HOW LONG HAS WEST ROUGE TENNIS CLUB (WRTC) BEEN OPEN?

The West Rouge Tennis Club (WRTC) has been serving the tennis community in the West Rouge area for over 50 years!

CLUB OF THE YEAR AND COACH OF THE YEAR FOR 2022 – HOW DID THIS COME ABOUT?

West Rouge Tennis Club is part of the Scarborough Tennis Federation (STF), which comprises 19 tennis clubs from East Scarborough to Victoria Park. The STF Executive Committee voted to award WRTC both Club of the Year and Coach of the Year for 2022. These awards are given out based on various factors – our growing membership with just over 450 members in 2022,

the programming offered by our Club Pro, Cameron, our promotion of tennis as a great sport, our offerings of tennis at all levels from learning to play, to house leagues, to competitive teams and, of course, our numerous social events. The club is run by the volunteer board of the WRTC with the participation of other member volunteers. West Rouge's success is due to the members who join year after year, and participate in the events and programming offered at WRTC. We rely on our members not only to participate in the activities offered, but also to provide us feedback on how we can improve. WRTC is a community club with a great community spirit!

WHAT WILL WRTC OFFER TO ITS MEMBERS IN 2023?

The success of 2022 showed that we are on the right track with what we offer to our club members. Our Adult members will be able to continue to enjoy beginner lessons, tennis aerobics and private/semi-private lessons with Cameron. In addition to that, club volunteers will continue to run weekly house leagues, competitive interclub teams, social events and End of Season Tournaments for our members. Junior members



will be able to participate in after-school programming throughout May and June, as well as weekly summer camps beginning in July and running throughout August. We are continually improving our registration process to make it easier for people to join, and there is a court booking system so our members know a court will be available for them when they arrive. While WRTC is a members-only club, we do have public hours from 4pm – 7pm on Sundays and Mondays, from April to October.

WHAT DOES THE FUTURE LOOK LIKE FOR WRTC?

WRTC is looking to continue prospering as a local tennis club for the West Rouge community. We will utilize the creativity and hard work of our executive and general committee to bring a wide variety of programming and events for our members.

We welcome new members (until we reach our maximum capacity), and look forward to playing outdoor tennis again this summer!

For more information, check out wrtctennis.com

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West Rouge Soccer Club



By Saadia Khan, Social Media & Digital Marketing Intern, West Rouge Soccer Club



The West Rouge Soccer Club is a non-profit organization in Scarborough dedicated to providing any person regardless of ability, the opportunity to participate in organized soccer activities at recreational and competitive levels. The WRSC promotes technical and tactical soccer skills, physical and mental development, self-confidence, teamwork and respect of self and others, all within the spirit of the game of soccer, in order to facilitate all individuals to reach their potential.

Over the Winter season, in addition to its regular recreational programs, the West Rouge Soccer Club started offering two development programs, one for Under 7 & 8 boys, and one for Under 9 10 boys.

These programs aimed to help prepare boys for potential pre-competitive soccer programs the club plans to run during the summer

We are also excited to announce our recent partnership with Women and Sports Canada, and Nike Toronto, in collaboration with GTA Same Game Challenge. The Same Game Challenge helps create equitable and inclusive sport opportunities, leading to greater engagement of women

and girls. The club has worked through Same Game to develop effective solutions to engage more girls in our club, especially the GOing Places only girls program.

During the 2023 Spring and Summer seasons, the WRSC will offer its regular U4-U10, Interclub U12-U15, and Development team programs. In addition to this, our GOing Places, girls-only summer program will also be offered during this time. This program is grounded in a gender-equity approach, and is a tailored opportunity for girls to gain confidence, and competence, in social and physical activity settings.

The WRSC values child safety above everything else, and hopes to create an engaging, positive, and fun-filled environment for all of its participants. We look forward to having more children participate in our camps, and we hope to create a memorable experience for them.

Visit <https://www.westrougesoccer.ca/> for more information.

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Fernie Youth Services

Your local social enterprise for at-risk youth



By Madison Perdue, Resource Development Coordinator, Fernie Youth Services



A LIFE-CHANGING OPPORTUNITY

Kareem*, 23, has a full-time job, connects with his family every day, and focuses on strengthening his positive relationships. But a few short years ago, this wasn't his story.

From a young age, Kareem was in trouble with the law. After completing a youth custody sentence in 2016, he returned home to find his parents had left the country, and he was alone. Kareem began selling drugs, and even after being badly shot, he continued to live this way, until he was arrested 10 days after his 18th birthday – landing him in the adult Criminal Justice System.

After serving his sentence, Kareem was eager to change his life's trajectory. On the suggestion of an old probation officer, he moved into Fernie's Transition House, and quickly got involved with the Fernie Works employment program. With the stability of secure housing and employment, Kareem started working on other life goals: improving relationships, building a sustainable routine and finding a job with potential. Today, he has a new-found confidence and a work ethic that's led to sustainable job opportunities in just six months at Fernie.

Kareem's early story is not unusual. For many vulnerable young people, there are no support systems available to foster their potential. That's why Fernie Youth Services is a crucial resource for at-risk youth.

Fernie Youth Services is a non-profit organization

that has been a part of the West Rouge community since 1964. Guided by compassion and hope, it serves young people, aged 12-29, in and at risk of being in conflict with the law, on a journey toward reintegration and purposeful living. Youth have access to safe housing, open custody, employment readiness, and compassionate community programming to transform their lives and help those around them for a lifetime.

An average of 3 000 children and teens are charged with a crime in Toronto each year. Of those 3 000 young people, more than half will not receive the support they need for rehabilitation, and they will re-offend. One mistake and their childhood is ripped away.

Fernie Youth Services gives young people the opportunity to change their future, and break the cycle of re-offending.

You can join the village it takes to raise the youth in your community.

Go to ferniefyouth.ca/helpayouth to learn more.

**Name has been changed for privacy*





HighlandCreek Community Association Report



By David Adamson, President

Experiencing and recovering from the situation presented by the COVID – 19 pandemic for close to 3 years, it is certainly a welcomed pleasure to be able to get out and about. From what I, and am sure others have experienced, our 'normal' way of life has been significantly altered, as has small and medium sized businesses. However, as Canadians, we are a hardy nation accustomed to facing challenges and 'shall overcome.'

At the time of writing this report, we are experiencing extreme cold weather. I am not sure which groundhog to believe, as to whether there will be an early spring or an additional 6 weeks of winter. Personally, I prefer the cold weather. Those that do not, my suggestions are: stay safe, get your shots, wear appropriate clothing, and be sure to have sufficient gas in your vehicle's tank if (you are) going on a long drive.

HIGHLAND CREEK COMMUNITY ASSOCIATION

The HCCA Board of Directors welcomed the opportunity to once again hold face to face meetings, which certainly appeared to be more productive than virtual discussions. Our board continues to deal with such local community issues such as: speeding vehicles, housing rentals, and bi-law concerns. Because of the resignation of the elected President of the HCCA due to personal and business reasons, I agreed to resume the position as President with the approval of the board up until our upcoming annual General Meeting on April 19, 2023.

R.C.L. BRANCH 258

As many are aware, the Legion is now relocated to its new address: 305 Morrish Road (at one time it was the Salvation Army). Much thought and work went into upgrading the facilities, along with renovations that the members and visitors will be and are pleased with. The Legion has much to offer in the way of entertainment, room rentals, and sporting activities.

TONY STACEY CENTRE FOR VETERANS CARE

Located at 59 Lawson Road, plans are underway to renovate the structure from a 100 bed to a 160 bed facility at its current location. Upgrades will be made in keeping with long term directions and procedures, with a completion date by December 31, 2025. Among other things, this will present a financial challenge. To reach this goal, a major fund raising program is required that is presently being addressed. Tax deductible receipts are provided for donations made to the Centre

On behalf of the HCCA, I extend best wishes to the residents of West Rouge, and trust that 2023 is a year to remember and reflect upon.

All the best,

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



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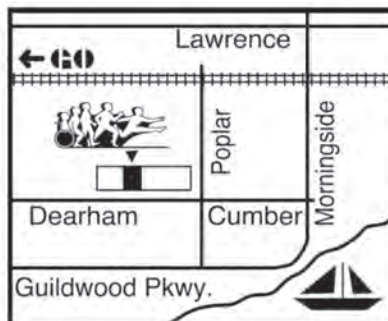
Post Surgical Recovery

After discharge from hospital, many patients should be referred to a rehabilitation hospital or clinic to regain strength and return to independent functioning. It is very important that Physiotherapy begin as soon as possible after surgery to ensure a prompt recovery.

In our clinic we see patients after various types of orthopaedic surgeries, such as Rotator Cuff tears, Anterior Cruciate Ligament repairs, total and partial knee and hip replacements, back, foot, and hand surgeries, etc. Appointments are usually available in a day or two.

Our Physiotherapists follow standard treatment protocols or work closely with the surgeon's specific protocol for recovery. Passive exercises and gentle mobilization techniques are used first, and exercises are later introduced to gradually strengthen and return full function.

The exercise program is gradually increased based on the healing time of that particular surgery. We find that using modalities such as laser, ultrasound and Electro-Accuscope help to heal and repair the wound faster with less pain. Our treatments typically last from 45 minutes to 1-1/2 hours, depending on the condition being treated.



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Hiking with Young Kids

Not as Easy As it Sounds! (But Way More Fun!)

By Kim Osborne Rodriguez



If you like exercising and being outdoors, let me introduce you to a fun family activity: hiking! We have many scenic hiking trails around West Rouge, and it's a great way to get out of the house as a family. While the idea of hiking with young children may be daunting, let me tell you, although not easy, it's definitely worth it.

For this adventure, I recommend you pick one of the beautiful trails we have nearby. Some favourites include:

- **Mast Trail:** this challenging 5km loop starts at Glen Rouge campground. It takes you through the Rouge Valley to Twyn Rivers and back. There is lots of beautiful scenery, and some rather steep hills, but the trail is well-marked and on weekends is fairly busy. This is one of our favourite trails, and the first part is quite flat so the kids can walk with ease.
- **Vista Trail:** an intermediate difficulty trail with some of the best views of the Rouge Valley. It starts near the Toronto Zoo, on the east side of Meadowvale (next to the biogas plant). Parking is paid, but you can buy a pass if you're planning on going frequently. Just plug your nose until you're out of the smelling range of the plant.
- **Seaton Trail:** a little further afield, but a gorgeous hike within a 10 minute drive. The southern trailhead is located in Pickering on Concession 3 west of Valley Farm Road, but there are points throughout the 15km trail where you can park and hike. We started doing this one last year, and plan to continue hiking it progressively as the weather gets warmer.

I may have mentioned that hiking with small children is not easy, and I know this from experience; our kids are 2 and 4, and we hiked with them last year. They're at the perfect age: old enough to complain the whole time, but not old enough to walk far, or carry any of their own stuff.

Getting ready is where the fun starts. We have special hiking backpacks that carry the kids - we got them in almost perfect condition on Facebook Marketplace, and they make things much more comfortable. This is key, since you will likely be carrying your young kids most of the way, even - ESPECIALLY - if they insist they will

walk. Start by packing more food than you will ever need. They will eat it all within the first 15 minutes, but at least you tried. Make sure you have lots of options, so they can't complain that you didn't pack the things they like when you're in the middle of nowhere. Don't forget toys: that favourite stuffy that just NEEDS to come, and maybe some Lego and half their train set.

Definitely bring something that makes noise, so you aren't able to enjoy the silence of the forest. (Who are you kidding, you're taking kids - it's never silent.) Somehow you must fit the packs, spare food, children, a change of clothes, another change of clothes, bug spray, sunscreen, hats into your very cool, very trendy minivan. Your children will insist on wearing winter mittens despite the warm weather. Let them.

If the children aren't complaining by now, you probably didn't do it right. You finally arrive at the trailhead. After you have carefully packed everything into the backpacks, distributed water and snacks, sprayed sunscreen and bug spray, donned hats and proper shoes...30 seconds into the hike your kid will want down (or up). Then they'll be hungry, and the snack they want is the one at the bottom of the bag. After you stop again and get out the acceptable snack, and your kid goes back up, you get to experience the feeling of goldfish crumbs in your hair. But your child is happily (for now) munching away on your back. There is finally silence, and you take a deep breath of fresh forest air. You look around and see tall trees. As the noise of the city fades behind you, you notice the sounds of a stream trickling, and birds chirping. It was a lot of work getting here, but you are with your favourite people in the world, and surrounded by the most peaceful nature you can find.

This is why you're here, and the feeling makes all the effort worth it.

Kim Osborne Rodriguez lives in West Rouge with her husband and two young children. She writes about people, leadership and technology at OsborneRodriguez.com, and enjoys getting outside with her family and enjoying the many things to do around West Rouge.

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| Sparks / Brownies / Guides - Girl Guides of Canada, Ontario Council | 1-877-323-4545 |
| The Dukes of Harmony | dukesofharmony.com |
| Pickering Rouge Canoe Club | pickeringrouge.ca |
| West Hill Baseball League | westhillbaseball.com |
| West Rouge Basketball | www.westrougebasketball.ca |
| West Rouge Community Association - Reza Khoshdel | reza.khoshdel01@gmail.com |
| West Rouge Soccer Club | westrougesoccer.ca |
| West Rouge Sports & Recreation Association | louise@wrsra.org |
| West Rouge Tennis Club | wrtctennis.com |
| Scarborough Softball Association | scarboroughsoftballassociation.com |
| West Hill Minor Hockey Association | whmha.goalline.ca |
| West Hill-Highland Creek Lions Club | lionsclub.ca |

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Sophia Tan Broker

FINE HOMES DIRECTOR

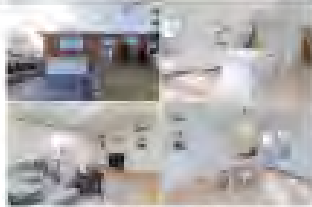
My Focus is to Make the Process of Buying or Selling
Your Home as Efficient and Stress-Free as Possible.
Imagine That!



416-417-4488

416-286-3993

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



86 Clappison Blvd.

Listed at \$1,199,800

SOLD \$1,280,000 in 12 Hrs

February 2023



BUNGALOW W/ TERRACE

1400 The Esplanade Rd. **#819**

Ajax, Bungalow Style Condo T.H.

SOLD \$572,500

January 2023



8 Dreamcrest Ct.

Whitby, Semi Detached

SOLD \$920,000 in 3 Days

September 2022



85' X 142' LOT

85 Deep Dene Dr.

Exclusive Listing

SOLD \$1,350,000

August 2022



67' X 212' LOT

9 Bramber Rd.

Listed at \$1,199,800

SOLD \$1,450,000 in 1 Day

August 2022

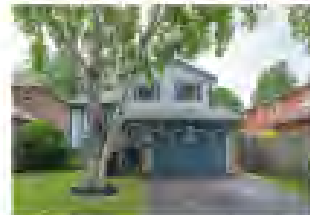


34 Chapals Cres.

Listed at \$999,800

SOLD \$1,020,000

June 2022

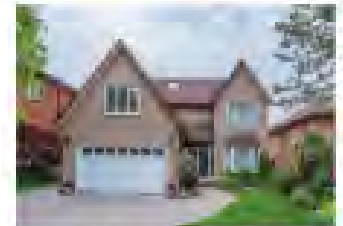


25 Cherrydale Cr.

Listed at \$1,288,700

SOLD \$1,380,000 in 6 Days

June 2022



44 Invermarge Dr.

Listed at \$1,798,800

SOLD \$1,775,000 in 1 Day

June 2022



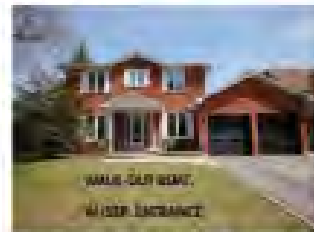
1.2 ACRE LOT

94 Deep Dene Dr.

Listed at \$1,599,800

SOLD \$1,800,000 in 6 Days

May 2022



WALK-OUT BASEMENT WOOD ENTRANCE

66 Bonacres Ave

Listed at \$1,750,000

SOLD \$1,730,000 in 1 Day

May 2022



LAKEVIEW

30 Rockport Dr.

Listed at \$1,250,000

SOLD \$1,542,000 in 7 Hours

April 2022



43 Dunwatson Dr.

Listed at \$1,399,800

SOLD \$1,775,000

March 2022

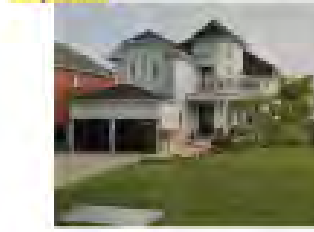


16 Janellan Terrace

Listed at \$1,199,800

SOLD \$1,505,000 in 5 Days

March 2022

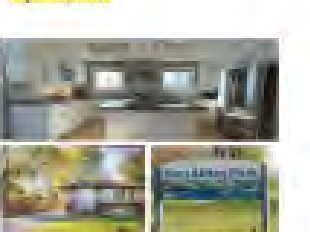


41 Waterbridge Way

Listed at \$1,299,800

SOLD \$1,660,000 in 1 Day

February 2022



6 Greyabbey Tr.

Listed at \$899,900

SOLD \$1,381,000 in 3 Days

February 2022



5 Cockburn Dr

Listed at \$999,800

SOLD \$1,375,000 in 4 Days

November 2021



CURRENT MARKET EVALUATION CERTIFICATE

This Certificate entitles a residential property owner to one market evaluation. If you are interested in finding out the current value of your home, please call me to arrange an appointment without cost or obligation.

SOPHIA TAN, Broker

Email: sophiatan@sympatico.ca

RE/MAX ROUGE RIVER REALTY LTD BROKERAGE

Website: www.sophiatan.com

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

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Sophia Tan

416-417-4488

416-286-3993

SEE MY WEB PAGE

WWW.SOPHIATAN.COM

Email: sophiatan@sympatico.ca



RE/MAX
ROUGE
 RIVER REALTY LTD, BROKERAGE
 Independently Owned and Operated



Trish French
 Realtor



Office **416-286-3993** Cell **416-970-0880**

Sold by Trish in the past 24 years



35+ Years West Rouge Realtor...
 Born and raised with family roots here since 1935

RE/MAX ROUGE
#1
 Salesperson in Rouge E10
 2016-2022

Thank you...
 It has been an honour and privilege to serve so many families here over the past 35+ years. Thank you for your trust.
Trish

2022 SOLD BY TRISH • WEST ROUGE
Many SOLD OVER LIST by \$100,000 to \$315,000!

515 ROUGE HILLS DR
 SOLD OVER LIST • 10 DAYS

368 ROUGE HILLS DR
 SOLD OVER LIST • 3 DAYS

52 WHEELING DR
 SOLD OVER LIST • 3 DAYS

31 BIRDSILVER DR
 SOLD OVER LIST • 3 DAYS

43 MASTWOOD DR
 SOLD FIRM • 2 DAYS

318 ROUGE HIGHLANDS DR
 SOLD OVER LIST • 2 DAYS

276 FRIENDSHIP AVE
 SOLD FIRM • 5 DAYS

6 WHITEROCK DR
 SOLD FIRM • 3 DAYS



Contact me for your **FREE** market evaluation.
 soldbytrish@gmail.com 416-970-0880
**** Top 6% of 70,000 TRREB Realtors for 2022 based on units sold! ****

For \$\$ SOLD prices ... visit trishfrench.com