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Nov
Dec
2019



Report From Your Board Chair

This has been a busy time for us with important decisions looming and our property and finance concerns needing careful planning for us to come up with a solution that will keep us viable and sustainable. There has been the need to have more frequent meetings of both the Board and the congregation, giving us time to identify some of our priorities and consider where we might be in one and five years. We had a congregational meeting on September 10 and a Board meeting on Sept 23. The message coming from the congregation seems to be that we explore all of our options and these include finding ways that we might stay at our current location. You might recall the Issues and Opportunities document that Gretta prepared. This is one report that summarizes our current dilemma with an aging demographic, a lack of leaders and volunteers, and the hard reality of our declining revenues. We are currently spending close to \$4000 per month more than our income. Given that we have two reserve funds amounting to \$112,000, we are requesting to have this allocated to our general funds. This must be approved by Shining Waters Regional Council, Communities of Faith Commission. Staff Support Representative, Jody Maltby, has been working with us and connecting the appropriate groups on our behalf.

The prospect of staying and developing the property is worthy of exploring. Our Real Estate advisor, Pierre Gagne from Petrus Commercial Reality, has done an updated appraisal on the property. In comparison to the 2016 quote, we have seen an increase in the value of the property from \$3.5 million to around \$4.5 million. The development option could be much more lucrative but would require us to align with a developer. This option could see us stay on site, perhaps in our current building or a reconfigured complex. Concurrently, we are looking at what the cost of rental space in the community would be during an interim period while our current property is being adapted for our later occupancy or as an ongoing rental home for us. It would not be appropriate to discuss the cost of various options in this brief report, but the congregation, the Board and the Trustees will be involved at each step. We have received considerable helpful input from our own Frank Dixon who is well versed in projects similar to those we might consider.

It will be necessary to have a congregational meeting in November to update all on our progress and options. This meeting is scheduled for Tuesday, November 19th. Should we wish to proceed to give serious consideration to development or selling the property, approval from the three levels of our governance structure would need to occur.

The Board is very appreciative of the extra work done by Gretta and the support and many duties performed by Annie as our Admin Support person. We are looking at ways to assist Annie by considering a part-time staff position to perform some of her routine tasks.

Travelling the journey together ...

Michael Lawrie, Chair

Precious Planet Recipe Corner with Deb Ellis

Do you want to help the planet? Enjoy better health and more energy? Love animals? There are many reasons to include more plant-based meals in your life! This column will offer plant-based recipe links and other resources to help anyone interested in incorporating more veg-friendly foods into their life.

This recipe receives rave reviews from family and friends and has become an Ellis family favourite. With red lentils, squash, sweet potato, and tomatoes, it's a hearty fall supper. We serve it over rice with a green salad and/or broccoli – delicious!

Created by Angela Liddon, author of the cookbook *Oh She Glows*. Find her at <http://www.ohsheglows.com>
P.S. At times, I have used white potatoes instead of squash, and it's just as delicious! :)

Cozy Butternut, Sweet Potato, and Red Lentil Stew

Vegan, gluten-free, nut-free, refined sugar-free, soy-free

<https://ohsheglows.com/2016/11/23/cozy-butternut-sweet-potato-and-red-lentil-stew/>

Yield: 11 cups (2.75 quarts)

Prep time: 20 Minutes

Cook time: 30 Minutes

Ingredients:

2 tablespoons (30 mL) extra-virgin olive oil
1 medium onion, diced (about 2 cups/280 g)
3 to 4 large garlic cloves, minced
3 cups (400 g) peeled, seeded, and diced butternut squash*
1 large sweet potato (450 g), peeled and diced (2 1/2 cups/340 g)*
3 cups (750 mL) low-sodium vegetable broth
1 (14-ounce/398 mL) can diced tomatoes
1 (14-ounce/398 mL) can light coconut milk
1/2 cup (100 g) dried red lentils, rinsed**
3 tablespoons (45 mL) tomato paste
1 1/2 teaspoons ground turmeric
1 1/2 teaspoons ground cumin
1/2 teaspoon chili powder
1/4 teaspoon cayenne pepper, or more if you like heat
Fine sea salt, to taste (I use 1 1/2 teaspoons pink salt)
Freshly ground black pepper, to taste
3 teaspoons (15 mL) apple cider vinegar, or to taste
1 bunch chard, stemmed and finely chopped***

Optional accompaniments:

Fresh cilantro or parsley, minced
Cooked rice
Garlic powder and chili powder

Tips:

* Make sure to dice the squash and potato very small (about the size of almonds), as this will expedite cooking. Also, if you are short on time, you can skip peeling the butternut squash as the skin is edible. (I don't recommend skipping peeling the potato, though).

** You can swap the red lentils for 1 (14-ounce/398 mL) can chickpeas (drained and rinsed).

*** You can swap the chard for 5 ounces of baby spinach or a bunch of kale (stemmed). I recommend chopping the greens into small bite-size pieces for easier eating.

Directions:

- To a large pot, add the oil, onion, and garlic. Stir to combine. Increase the heat to medium and sauté for 3 to 5 minutes, until the onion is softened.
- Add the squash and sweet potato and stir to combine. Add a pinch of salt and continue sautéing for a few minutes longer.
- Add the broth, diced tomatoes (with juices), coconut milk, lentils, tomato paste, turmeric, cumin, chili powder, cayenne, salt, and pepper. (If you are spice-shy, feel free to add half the amount to start and increase from there after cooking, to taste). Stir well to combine.
- Increase heat and bring to a boil. Reduce the heat to medium, stir again, and simmer uncovered for about 30 minutes, stirring occasionally, until the squash and potato are fork-tender. Reduce the heat if necessary.
- Add the apple cider vinegar to taste. Adjust the other seasonings if desired.
- Optional step: Using a handheld immersion blender, blend the stew for only 2 to 3 seconds (any more and you'll blend too much of the veggies). This thickens the broth.
- Stir in the chard, and cook for another couple minutes until the greens are wilted.
- Scoop some cooked rice onto the bottom of a bowl and then ladle the stew overtop. Garnish with minced cilantro or parsley and a good dusting of garlic and chili powder, if desired.
- Leftovers will keep in the fridge for up to 5 days, and they freeze beautifully too.

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First Nations Study Group ~ Thunder Woman Healing Lodge ~

On Monday October 28, Patti Pettigrew of Aboriginal Legal Services, Toronto, will be the guest speaker at our First Nations Study Group meeting. Patti is also a Board Member of the Thunder Woman Healing Lodge Society and is a *Gladue writer.

Statistics Canada tells us:

- The proportion of Aboriginal admissions to adult custody has been trending upwards for over 10 years. It has increased steadily from 2006/2007 when it was 21% for provincial and territorial correctional services and 20% for federal correctional services.
- In 2016/2017, Aboriginal adults accounted for 28% of admissions to provincial/territorial correctional services and 27% for federal correctional services, while representing 4.1% of the Canadian adult population.
- Aboriginal females made up a greater proportion of custody admissions than their male counterparts, accounting for 43% of admissions.



Ontario has the second highest incarceration rate of women in Canada. **The Elizabeth Fry Society Independent Senator, ***Kim Pate says “The reality is that we need some much more robust effort to get people into communities, but I think it’s great that this group of women (Thunder Woman Healing Lodge Society) is doing all they can to get women out of prison and into a healing lodge.”

Excerpt from National News | September 18, 2019 by Annette Francis, APTN

The plan to build Toronto’s first Indigenous women’s healing lodge for women who are in trouble with the law is underway. The shelter was approved by Toronto city council in August but money must be raised to buy the property.

It’s a vision of Patti Pettigrew. “In my work as a Gladue writer, I work with a lot of women who are incarcerated and I’ve written their life stories – and they are horrendous. And so, with the right therapy, the right healing, they’ll gain their strength and their identity,” she said.

“Toronto has a very large Indigenous population, a lot of the women, when they leave – like Grand Valley Institute – are dropped off in Toronto so the area that we would have the lodge has the largest indigenous population,” Pettigrew said. ...the shelter will have around-the-clock supports, with access to Elders, cultural space and counselling.



The 6-storey, 24-bed facility will be built on the corner of Kingston Road and Cliffside Drive in Scarborough.

Mandate:

To establish a Healing Lodge for First Nations, Inuit, and Metis women who are in conflict with the law, and for those who have survived intergenerational trauma. To provide cultural support, traditional knowledge and resources, for the advancement of wholeness and balance. To empower First Nations, Inuit, and Metis Women to take their honoured place within their community and culture.



IN THE SPIRIT

Yoga Studio & Wine Lounge



REMINDER — YOGA CLASSES (SENIORS DISCOUNT). We still offer special seniors classes (yoga in chairs and for those with mobility issues) Mondays at 10:15-11:15 a.m. and Thursdays 9:00-10:00 a.m. (\$15/class includes tea/coffee & cookies). (Highland Creek Plaza, 376 Old Kingston Road)

We have many more options for all ages. Please check out our website for our class schedule, rates and more information (647-352-4879): www.inthespirtityoga.com, email letsconnect@inthespirtityoga.com

Vision:

Thunder Woman Healing Lodge Society will promote and provide services for First Nation, Inuit, and Metis Women to focus on their journey to wholeness and balance.

Mission:

To provide First Nation, Inuit, and Metis women a place in the Greater Toronto Area to heal and reclaim positive cultural identity, rehabilitation and wellness.

*To learn more about Gladue Writers please go to: <http://www.ofifc.org/about-friendship-centres/programs-services/justice/gladue-writer>

**Elizabeth Fry Society (women and the criminal justice system): <https://efrytoronto.org/issues>



Looking to donate? We are currently in need of personal care items for our Market Place. If you have unused items (shampoo, conditioner, body wash, toothpaste, deodorant) that you want to donate, contact us at 416-924-3708 ext. 234

***Kim Pate was the Executive Director of the Canadian Association of Elizabeth Fry Societies (CAEFS) from January 1992 until her appointment to the Senate in November 2016

submitted by Ruth Gill for First Nations Study Group

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10th Annual Holiday Bazaar

Saturday November 16, 2019

9:00 AM - 2:00 PM

Featuring...

- *lunch room and coffee house
- *baked goods and preserves
- *frozen foods
- *attic treasures, jewellery, books and houseplants
- *gift baskets, large and small
- *crafts created by our Crafty Ladies
- *raffle of new and re-gifted items
- *Nearly New Fashion Boutique featuring gently-used seasonal clothing
- *free draw ticket for a seasonal plant with every donation to our community food basket



Carols, candlelight, and cranberries (mulled).

Once again we will be gathering for our traditional evening of enjoyment and inspiration with bells, snowflakes, lights, refreshments, and songs old and new sung by soloists, ensembles, and everyone together – all tied together with a sort of seasonal commentary by our host, Scott Kearns, pianist. Always lots of fun! Please join us on Sunday, December 8 at 7 PM.

the longest night

Saturday, December 21, 2018 at 7 PM

a service celebrating
the deepest roots of our tradition
on the evening of the winter solstice

Upcoming Special Services & Events

Sunday, November 3	Celebrated Lives Service
Sunday, November 10	Guest Speaker, Brian Kelly (Climate Change)
Saturday, November 16	Holiday Bazaar
Tuesday, November 19	Congregational Meeting
Sunday, November 24	Guest Speaker, David Warnick (Dying Out Loud)
Sunday, December 1	Affirming Service
Sunday, December 8	Singing The Season
Saturday, December 21	The Longest Night

Regular Services, Meetings and Ongoing Events

SUNDAYS

Every Sunday	Sunday Service	10:30 AM
First Sunday of every month	Visitors' and Travellers' Lunch	12:00 PM

MONDAYS

Every Other Monday (Nov 4 & 18; Dec 2, 16 & 30)	Men's Spirituality Group	7:00 PM
Last Monday of every month	First Nations Study Group Meeting	1:00 PM

TUESDAYS

Every Tuesday	Labyrinth Walk	10:30 AM
.....	Holiday Crafting	1:00 PM
First Tuesday of every month (exception Nov. 12)	Board Meeting	7:00 PM

THURSDAYS

Third Thursday of every month	Women, Let's Dine	5:30 PM
Every Thursday (mid-October to June)	Choir Practice	7:30 PM

FRIDAYS

Last Friday of every month	Dinner with Friends	6:00 PM
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West Hill United Board of Directors for 2019

Board Chair: Michael Lawrie
Past Chair: Randy Bowes
Finance Chair: Frank Kilroy
Property Chair: Gary Megson
Ministry & Personnel Chair: Jan Garvey
Ministers at Large: Dennis Hollingshead, Ruth Gill, Deb Ellis
Presbytery Reps: Louise Lawrie, Annemarie Leepel
Minister: Gretta

There are other Board Positions that are vacant.
 If you are interested in joining the WHU Board, please call the office.

West Hill United

A warm place to find yourself

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