



# Lighthouse Community News

## Bringing People Together

[news@lcnews.xplorglobal.com](mailto:news@lcnews.xplorglobal.com)

Port Credit • Clarkson • Lakeview • Cooksville

## “Scientists in Schools” Ignite Children to Spark

Like all parents you want the best for your child, which means giving them the necessary tools for development. Tools such as critical thinking, creativity, communication, collaboration and problem solving.

Scientists in Schools is a non profit organization lead by retired scientists, engineers, technologists, mathematicians and environmentalists. Their mission is to inspire and engage children through a hands on curriculum in Science, Technology, Engineering and Math (STEM) enrichment.

The STEM curriculum includes science, technology, engineering and mathematics.

Children are taught how to intelligently understand principles and connect knowledge to their world through hands-on discoveries.

As a result, children leave the workshop with a

lasting confidence and new found passions.

By the time they are ready to choose a career path, passion is already ignited in their hearts, making their career choices easier to recognize.

Workshops stimulate curiosity in children to think and ask intelligent questions. Workshops are organized throughout communities, schools, during March and summer breaks, daycare, after school programs, library programs, workplace and family events.

There are numerous ways to get involved. Please check the Scientists in Schools website for more information.

Website: [www.scientistsinschool.ca](http://www.scientistsinschool.ca)

Tel: 519-763-3950 / 1-855-900-3950



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## Port Credit Marina



Mississauga residents have their doubts about the proposed re-establishment of Port Credit Marina. The City is looking at the opportunity to "fill in parts of the lake to create better park land" as well as keeping the port.

Residents are concerned about traffic congestion and fast motorist in the small village. Narrow streets and outdoor patios leave very little walking space for pedestrians.

Other concerns brought forth were the historic feel of the village when modern condos fill the spaces. Residents of Port Credit live here due to open

spaces, parks and they like the village atmosphere.

While this is a blessing for local businesses, ample new opportunities will bring new business to the area. The Light Rail Transit, ending at Port Credit GO Train Station, will enable more people to access the port, parks and shop in the village.

Share your feedback on the future of the land with us.

Email: [news@lcnews.xplorglobal.com](mailto:news@lcnews.xplorglobal.com)

## Port Credit History



Thomas Nightingale opened his brick yard in Port Credit in 1891. Port Credit bricks were used extensively for building in the area.

In those days, the brick business was labour-intensive. A shortage of labour around 1900 resulted in a large influx of European immigrant labourers, many of them Italians, who were recruited to work at the brick yard.

## THIS IS YOUR NEWSPAPER

**Tell us about** your school event, sports event, concert, charities and things you want publicized.

**IN OTHER WORDS, DON'T BE SILENT!**

Email us on — [news@lcnews.xplorglobal.com](mailto:news@lcnews.xplorglobal.com)

## PARENT TALK

### Parental Anxiety

Parental Anxiety is at an all time high and with parenting styles changing, mothers and fathers together need to find a graceful and peaceful way to raise healthy children.

Parents need to know it's a healthy option to set up boundaries while fostering love, self-esteem and respect.

According to Dr. Robin Berman, psychiatrist at UCLA Hospital, children need to know there are limits which are more important than indulgences.

Children need love more than stuff.

#### HARD WORK IS THE BEST TEACHER

Good parenting means giving children household chores, so children are accountable and grow to become good citizens with a bright future. Do the hard work upfront and later life is a breeze.

There is a saying that goes like this, "Bend the tree while it is young and as it grows it will remain that way". Train a child in the way they should go, and when they're older they will not depart from the way they were trained.

Training begins right from day one and continues throughout life.

Parents who never want their children to be upset with them and who want to avoid their children having disappointments at all cost, are doing their children a huge disservice. By being too nice, we are actually being mean.

It takes courage to do the right thing. Spoiling your children is easy for the moment, but it is better to use parental authority to help regulate your children's emotions, than to fix them later from fragile emotions. Remembering, children may hate discipline now, but their future will not be wimpy.

**BOOK** – "Permission to Parent" by Robin Berman.

### Your Family

Playing board games as a family (whomever makes-up your family) is a great way to build relationships between family members.

Games help your child develop numeracy skills, strategic thinking, and perhaps most important (according to research) actual learning.

Practice increases intelligence or thinking abilities.

Research shows people who believe intelligence can be changed and improved, are able to learn better than those that think intelligence is fixed.

### Quotes

Wayne Gretzky

My father told me, "You know the more you work now and don't play, when you get older the more you'll be able to play and the less work you have to do."

It's true the harder you work at sixteen, seventeen, eighteen, the more you are going to enjoy when you are older.

## The Burden of Environmental **NOISE POLLUTION**

Noise is a major environmental issue, particularly in urban areas, affecting a large number of people.

**The Facts:** Studies shows that excessive environmental noise not only decreases one's quality of life and cognitive function, but also reduces lifespan.

The World Health Organization (WHO) examined and quantified its health burden based on a European study that involved 340 million people living in Western Europe.

It found that residents were cumulatively losing about a million years off their lives

due to noise every year.

One in three individuals is annoyed during the daytime and one in five has disturbed sleep at night because of traffic noise.

Epidemiological evidence indicates that those chronically exposed to high levels of environmental noise have an increased risk of cardiovascular diseases such as myocardial infarction. Thus, noise pollution is considered not only an environmental nuisance but also a threat to public health.

**The good news** is that spending time in silence can reverse these effects.

### Upcoming...

#### Topics we cover...

- ◆ Parent Talk
- ◆ Health & Diet
- ◆ Community Events
- ◆ Family Vision

- ◆ Your Suburb, Province, Country & World
- ◆ Your Pets
- ◆ Technology
- ◆ Recipes
- ◆ Local Heroes
- ◆ Trivia

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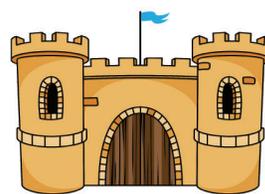
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## LOCAL BUSINESS



### The Barn

The Barn, a few years away from its 100th anniversary sits in the heart of Clarkson, Mississauga.

The Barn is a gem for imported lines as well as made in Ontario. There is a large selection of certified reclaimed wood furniture and exclusive benches and harvest tables. It is far less expensive to furnish your home or office

with real wood which has shown to out last manufactured wood furnishing.

They are known for their unbeatable prices for real wood furniture and the best quality reproductions. You will also find authentic antiques in great condition for all living spaces.

The beauty of the Barn has stood the test of time. Each piece of furnishing is unique. It's not just furniture, it's history. New items arrive daily and the inventory is ever changing. For safe Eco-friendly natural products, head to the

Barn.

You will find an assortment of gift items such as tin signs, hand carved figures, chandeliers and lamps, China, glass and crystal, silver and silver plates, vintage items and much more.

Family owned and operated business.

Website: [www.thebarnmississauga.ca](http://www.thebarnmississauga.ca)

Location: 1675 Lakeshore Rd. West

Tel: 905-822-6577

### Van de Velo Bike Shop

It's no wonder the Lakeshore bike path is one of the best in the GTA. It weaves along Lakeshore Road meandering along the waterfront from East to West.

As I made my way along the Lakeshore bike path, I spotted Van de Velo in the heart of the Clarkson Village business district. Peeping through the window, I realized, oh, it's a bike shop.

Before visiting the shop, I checked their Google Reviews, with 40 plus five-star reviews I was assured of their integrity. Within a few days, I interviewed the owner Paul, who's

heritage originates from the Netherlands, and his wife Michelle.

Paul's love for cycling and bike repair began at a young age and that love drives him to optimize bikes for top performance. In fact, he is skilled at fixing rare and old school models up to 40 years old.

Van de Velo sells new bikes, clothing, repair service and accessories. Paul also offers a custom fitting service for bikes to ensure comfort and performance for his clients. His knowledge, experience and love for the sport is vast.

Van de Velo can do tune ups within 3 days depending if parts need to be ordered. During the winter months Paul offers indoor interval training that will make you strong and ready for the upcoming season.

As you weave across the Lakeshore bike path, visit Paul and Michelle in Clarkson Village. The shop is open from Tuesday to Sunday in the Spring/Summer season. Please check hours ahead of time as they change in the off season.

Website: [www.vandavelo.ca](http://www.vandavelo.ca)

Tel: 905-855-1190



# SOMETHING FOR THE HEART & MIND

## Technology

Dr. Epstein: Internet Studies

What you should know about Google!

Google controls 92% of the internet searches.

Google searches are suggestions based on other people's searches. However, Google gives highest preferences to their advertisers.

When you do a search on Google starting with the letter "a", the first suggestions to show up is Amazon, AOL mail, American Airlines, Amazon Prime, Auto Zone, AirBnB and so on.

This is no coincidence. Amazon's advertising budget in 2018 was \$300 million on Google Adwords.

It's entirely up to Google to determine which search suggestions you receive and which search results appear at the top of the list.

Dr. Epstein stated, "Google algorithms are having a dramatic impact on the thinking, behaviours, attitudes, beliefs and purchases of two and a half billion people right now. "That's the power they're exercising."

With millions of businesses worldwide, why do we not see more businesses on the top of the search listings? Instead we continually get the same results over and over again. Google has an unprecedented ability to manipulate global thinking.

Read the full article from Dr. Epstein on Search Suggestion Effect (SSE).

<https://drrobertepstein.com/index.php/internet-studies>

**Link to Dr. Epstein's website:**

[www.drrobertepstein.com](http://www.drrobertepstein.com)

## Heart Healthy Everyday Superfood

Citrus fruits contain pectin which is a type of fibre in oranges and grapefruits.

It acts like a sponge in your digestive system, collects cholesterol and excretes it from your body.

People who eat lots of citrus fruits may lower the risk of Ischemic stroke by 19%.

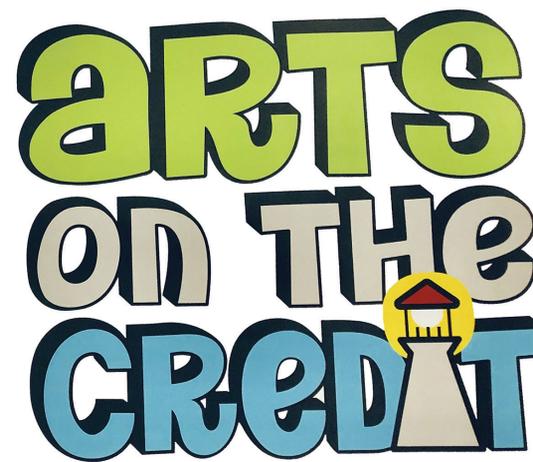
Mushrooms are spongy fungi plants. They are a good source of potassium which can help regulate blood pressure.

Spinach is a rich source of minerals that keep your blood vessels supple. It is also high in nitrates which have been shown to improve heart function.

## Quotes

"Being needed and useful is the biggest recompense you can have in life."

- Issac Stern



## Arts on the Credit

**Arts on the Credit: Tour** is celebrating it's 10th Anniversary in 2019.

Launched in 2011 as a nonprofit arts organization, showcasing, promoting and mentoring local artists with annual high-end juried shows.

Beautiful Port Credit will be lined with many art forms. Artists showcasing fine arts paintings, ceramics, jewellery, metal, textiles, glass and wood.

There will be live music performances to enjoy at some locations.

It definitely is a unique shopping experience.

It is also a great time to gather together a few friends and wander through the venues, resting for lunch at one of the fabulous Port Credit restaurants.

You will discover some amazing work. It is always very interesting and enlightening to learn all the wheres, whys and hows involved in the creation of such outstanding work.

Arts on the Credit: Tour provides an opportunity to treat yourself, add to your collection or purchase that special gift for a very special occasion.

Mark your calendar and set aside some time to rejuvenate your soul in the arts.

The Arts on the Credit annual event is free.

**Dates:** Saturday, September 14, 11 am - 5 pm & Sunday, September 15, 11 am - 4 pm, 2109.

**Contact:** Marie Payne

**Tel:** 416-333-2185

**Website:** [www.artsonthecredit.ca](http://www.artsonthecredit.ca)



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## Lighthouse Community News

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**Note:** Please send articles in MS Word format (not PDF)

## YOUR COMMUNITY NEWS

# Breaking News on the Blue Box

Ontario Announces Next Steps to improve recycling and tackle plastic waste.

Improving the Blue Box Program will save taxpayers money and help divert more waste from landfills.

Ontario is taking action to improve recycling across the province and address the serious problem of plastic pollution and litter.

Ontario families take pride in doing their part for the environment.

While Ontario families work to sort and recycle properly, government and industry are failing them. Ontario's recycling rates have been stalled for 15 years and up to 30 per cent of what is put into blue boxes is sent to landfill. Not to mention, recent stories highlight how some of Ontario's plastic waste is being unsustainably shipped across the ocean to the Philippines and Malaysia.

Jeff Yurek, Minister of the Environment, Conservation and Parks, and Steve Clark, Minister of Municipal Affairs and Housing, were at Canada Fibers to announce the next steps to transition the costs of the Blue Box Program away from municipal taxpayers and make the producers of products and packaging fully responsible.

"Transitioning the Blue Box Program to full producer responsibility will promote innovation and increase Ontario's recycling rates while saving taxpayers money," said Minister Yurek. "This shift is a big step towards diverting waste, addressing plastic pollution and creating a new recycling economy that everyone can be proud of in Ontario."

### Quick Facts:

- Ontario's recycling rates have been stalled for 15 years and up to 30 per cent of what is put into the blue box is sent to landfill.
- There are over 240 municipal blue box programs that have their own separate lists of accepted recyclable materials, which affects cost savings and contamination.

Source Link

<https://news.ontario.ca/ene/en/2019/08/ontario-announces-next-steps-to-improve-recycling-and-tackle-plastic-waste.html>



## Lakeview Lands Re-development

Lakeview waterfront is comprised of 245 acres of hidden gem in Mississauga.

Lakeview history goes back to 1806. The land belonged to Mississauga Indians, was purchased by the Crown. It went from pastoral land to the first commercial air training airport in Canada.

The vision for redevelopment began in 2010. Local residents responded to the general meeting said, "There need to be multiple ways to get around, either through public transit, walking or cycling. The community should be green and sustainable with mixed usage of open spaces and affordable.

Residents also envisage Lakeview lands as a destination to draw visitors from across the globe. While transformation is great, the historical aspects must still be maintained and commemorated. An economical balance between private and public investment has to be sustainable.

View "The Master Plan" via the link below:

<http://www7.mississauga.ca/Departments/Marketing/Websites/InspirationLakeview/downloads/Inspiration-Lakeview-Masterplan.pdf>

## Light Rail Transit Project



What is Hurontario Light Rail Transit Project?

The Hurontario Light Rail Transit (LRT), is 18 km of light rail service connecting people from the Port Credit GO station to Brampton Gateway Terminal. The project is provincially planned and funded costing around \$1.4 billion from the province.

MetroInx is the company leading the way to development of the LRT. Hurontario LRT is strategic to residents and businesses located along Hurontario.

MetroInx, with the assistance of the City of Mississauga and Brampton is reaching out to the property owners in the view of reaching an

amicable agreement. In the meanwhile, owners in the affected areas have been given notices of the planned changes.

As the city moves with the LRT project local businesses will most likely be affected. If your business is located along that corridor you may very well be influenced by the construction.

On the upside, the project offers residents employment opportunities for:

- Youth to enter construction trades as an apprentice
- Secondly, newcomers and foreign trained professionals, and
- Thirdly, social enterprises to benefit from project procurement.

Jamal Robinson

Tel: 905-615-3200 extension 5214

Email: [Jamal.Robinson@mississauga.ca](mailto:Jamal.Robinson@mississauga.ca)

Share your thoughts, questions or comments via email: [hurontarioLRT@metroinx.com](mailto:hurontarioLRT@metroinx.com)

LRT project link:

<http://www.metroinx.com/en/greaterregion/projects/hurontario-lrt.aspx>

## TRIVIA & LOCAL ARTISTS

### Handyman QUIZ

#### The Tool Test



**1** When using a level, how do you know what surface is straight?

- A. When the air bubble reaches the top of the tube
- B. When the air bubble disappears
- C. When the level is against the surface and the air bubble is between the two lines
- D. When the level can be pressed flat against the surface

**2** What is this tool?

- A. Clamp
- B. Tongs
- C. Grabber
- D. Pliers



**3** What is a washer?

- A. A machine that washes your clothes or your dishes
- B. A thin doughnut shaped plate that sits under a bolt or screw
- C. A long screw with a wide, flat head
- D. A long tube used to connect two objects



*For the answers, see page 8.*

### Port Credit West Village—"Brightwater"



The West Village Port Credit, now called "Brightwater" has significant plans for the future. Redevelopment is on it's way. It's bright, bold and beautiful. We hope you would agree!

As life moves on, changes are inevitable. Imperial Oil land frontage from 181 Lakeshore Rd. West to 70 Mississauga Road South.

The city approved the Imperial Oil land redevelopment into a waterfront community. Redevelopment consist of residential, commercial, institutional parkland, apartments and open spaces.

The proposed multi-phase community includes 2,995 new residential units (townhomes, mid-rise and high-rise up to 29 storeys), retail, parkland and campus (employment, recreation and education) uses on the 72 acre property. Home to approximately 7,000 new residents, the waterfront will be a new city in the village.

Mayor Bonnie Crombie said, "As an important City-building initiative, this redevelopment will drive tourism, create jobs and boost economic growth, helping put Mississauga on the international map. We will continue to

work together to ensure our vision to transform the waterfront becomes a reality."

Ward 1 Councillor Stephen Dasko said, "Working collaboratively with the residents and key stakeholders has created a vision for this dynamic addition to our waterfront. I look forward to continuing open dialogue as this development evolves and we have a waterfront for the entire City of Mississauga second to none."

Follow the development progress via the links below:

[http://topca.net/development/West\\_Village\\_PC/](http://topca.net/development/West_Village_PC/)

This link is the full development planned for the waterfront:

[https://www7.mississauga.ca/documents/committees/pdc/2019/2019\\_07\\_29\\_PDC\\_Agenda.pdf#Page=5](https://www7.mississauga.ca/documents/committees/pdc/2019/2019_07_29_PDC_Agenda.pdf#Page=5)

An animated video link of the potential usage:

<http://www.pcwestvillagepartners.ca/news#plan>

You can contact Cynthia Ulba for more information:

Tel: 905-615-3200 ext. 5051

Email: [cynthia.ulba@mississauga.ca](mailto:cynthia.ulba@mississauga.ca)

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### Lorne Park History

Lorne Park first got started as an exclusive resort. The hotel in the amusement park was called "The Lorne Park Hotel".

In a survey of 1888, "Toronto and Lorne Park Summer Resort Company" included cottage lots, a hotel, wharf and walking trail. The 75 acres of "pleasure grounds," was operated by the Toronto Park Association. The park included separate parlours for men and women, bowling lanes and merry-go-rounds.

Today, Lorne Park is a residential suburb of Mississauga and a private Estate. There are only 2 roads into Lorne Park Estates and they are clearly marked as "private". These private roads are exclusive to residents and their guests.



*The Caravan House – An older house in the Lorne Park community and a historic site.*

Find out more about Lorne Park.

[https://en.wikipedia.org/wiki/Lorne\\_Park](https://en.wikipedia.org/wiki/Lorne_Park)



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| <ul style="list-style-type: none"> <li>✗ Tired of living a mediocre life?</li> <li>✗ Is fear of failure keeping you trapped?</li> <li>✗ Are you tired of losing?</li> </ul> | <ul style="list-style-type: none"> <li>✓ This no-nonsense program will help you break free from your invisible “chains”</li> <li>✓ The only prerequisite – Be brutally honest with yourself</li> <li>✓ Learn how to release YOUR potential!</li> </ul> |
|---|--|

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[www.wealthisadecision.com/break-the-chains/](http://www.wealthisadecision.com/break-the-chains/)

**Cost:** \$30 (includes HST) – Invite a friend

**When:** Saturday, October 26, 2019 — 2.30 am - 4.30 pm

**Where:** 2222 South Sheridan Way, Mississauga, ON L5J 2M4