

Celebrating Canada 2021

On July 1, Canada will mark 154 years since Confederation. Canada Day has traditionally been an occasion for celebration and it can also be a day of reflection. Looking back, there are achievements and accolades as well as scars and wounds that have yet to heal. Looking forward, there are opportunities for healing and building a better country. On Canada Day we acknowledge the challenges faced by this nation while also celebrating its people, places and accomplishments.




HON. JOHN MCKAY MP
SCARBOROUGH - GUILDWOOD

HAPPY CANADA DAY!

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and keep building back an even better Canada.

Happy
Canada Day!

Member of Parliament
Scarborough North


SHAUN CHEN


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 Celebrating **Canada** 2021

Painted paddles support Canoe museum

Home to the world's largest collection of canoes, the Canadian Canoe Museum in Peterborough will have a new \$65 million home in the next year or two. The museum's impressive collection includes about 600 canoes from early Indigenous dugouts and bark vessels other noteworthy examples like the one donated by singer-songwriter Gordon Lightfoot.

After it was discovered that the original relocation site was contaminated, an alternate location was found. Construction could begin by the end of this year.

Founded in 1997 with a private collection, the current museum displays more than 100 paddled watercraft in its galleries.

To help support the museum, the Algonquin Outfitters Paddle Art Contest has been launched for another season. In 2019 the auction of

painted paddles raised \$32,575 to support local charities including the Canadian Canoe Museum. Entries are being accepted for the third annual paddle art auction. It costs \$29.98 to register including the cost of a paddle blank to be used to create the artwork. Deadline for submissions is August 31, 2021. Artists can opt to use their own paddle.



The 2019 entries and prices realized can be seen on the Algonquin Outfitters website algonquinoutfitters.com/contest/2021.

The paddle pictured is a tribute to Group of Seven member A. Y. Jackson's painting "The Red Maple". (Randy Mitson/Algonquin Outfitters Photo) The bark canoe is part of the museum's collection. (Photo courtesy of the Canadian Canoe Museum)

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Celebrating Canada 2021

Bring a red and white dessert to the party

A chilled summer dessert is a great way to celebrate Canada's birthday and this one features local strawberries and Ontario goat cheese that achieve a Canada Day worthy red and white effect. Fragrant fresh local strawberries create a tasty topping for this cold creamy dessert featured in the recipe section of the Ontario Farm Fresh website.

Method: In a bowl and using electric hand mixer, beat together cheese, sugar, cream and liqueur until smooth and fluffy. Cover and refrigerate for at least 1 hour or until well chilled.



Strawberries: Meanwhile, in a bowl, stir together strawberries, sugar, vanilla and orange rind until well coated.

Divide cheese mixture into bowls and top with strawberries.

Makes 6 servings.

Make-ahead: Goat cheese mixture can be made up to three days ahead.

For a richer and creamier taste, let the cheese mixture come to room temperature to serve.

Prep Time: 10 minutes

Cook Time: n/a

Per serving: About 276 cal, 10 g pro, 14 g total fat (9 g sat fat), 25 g carb, 2 g fibre, 36 mg chol, 189 mg sodium. %RDI: iron 9%, calcium 8%, vit A 19%, vit C 83%
Source: Ontario Goat Cheese (ontariogoatcheese.ca)
Find more recipes at www.farmfreshontario.com.

Strawberries and Chevre Romanof

- 1 large log (10 oz/300 g) Ontario chevre (soft, unripened goat cheese), at room temperature
- 1/4 cup (50 mL) granulated sugar
- 1/4 cup (50 mL) 35% whipping cream
- 2 tbsp (25 mL) orange liqueur

Strawberries:

- 3 cups (750 mL) sliced fresh strawberries
- 3 tbsp (45 mL) granulated sugar
- 1 tbsp (15 mL) pure vanilla extract
- 1 1/2 tsp (7 mL) grated orange rind

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Jennifer McKelvie
 Councillor • Ward 25 Scarborough-Rouge Park

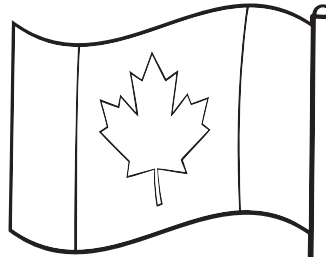
*Wishing everyone a happy
 Canada Day!*



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Colour in the beaver



The beaver's teeth never stop growing. Chewing on tree trunks and branches helps keep the teeth from getting too long. A beaver's front teeth stick out in front of their lips. That way, beavers can cut and chew wood underwater without getting water in their mouth. Beavers have a coating on their teeth that contains iron, which helps prevent tooth decay.



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Happy Canada Day

SALMA ZAHID
Member of Parliament
for Scarborough Centre



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Happy Canada Day



Aris Babikian

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*Wishing everyone a safe and wonderful
Canada Day as we celebrate the
154th Anniversary of our Confederation*

Happy Canada Day!

RAYMOND CHO

Member of Provincial Parliament
- Scarborough North



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To my constituents in Scarborough North: Check your mailbox for my 2021 Summer Update Newsletter which has a Canadian Flag inside for you to place against your window to show your Canadian pride

