



# Community Giving

The official newsletter of the **Rouge Valley Health System Foundation**

Volume 11, Issue 1

Winter 2014

## A lot can happen below the belt

The week he was named Canada's best crossing guard by SafeKids Canada, Carl Edquist learned he had aggressive prostate cancer and would be in for the fight of his life.

Recently retired from the Toronto Transit Commission, Mr. Edquist was enjoying life as a neighbourhood crossing guard and had time to hit the gym every day. He felt in great shape.

And then life threw him a curve ball.

After hearing news that his younger brother had been diagnosed with prostate cancer, and, with his dad already living with the disease, Carl had opted for a PSA test "to be on the safe side." A prostate specific antigen (PSA) test is standard for measuring prostate health. Carl's was nearly 15 per cent higher than in most men his age.

"I was completely shocked," said Carl, who lives in West Rouge with his family. "I had absolutely no symptoms and felt great!"

"Carl's case was tough because the disease

was so far advanced," said Dr. Greg Trottier, a Urologist at Rouge Valley Health System. "I knew Carl was an active guy and didn't want to take chances by using radiation therapy to get rid of the cancer. Surgery had to be the first option."

Following the four-hour surgery, which involved removing the entire prostate, Carl had six weeks of radiation, with two years of hormone therapy to decrease the chance of recurrence.

"Dr. Trottier gives it his all and went for it during the surgery," said Carl, who recently celebrated a milestone in the gym. "I'm now back to my pre-surgery strength at the gym."

Every day patients are referred to RVHS urologists for surgery to correct urological disorders that range from straight-forward cases of kidney stones and incontinence to the most difficult cancer surgeries.

Then there are cases such as Heather Pugh's.



Thanks to the surgeons at Rouge Valley, Carl Edquist survived prostate cancer.

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## Muslim centre shows it has heart

### \$50,000 donation for cardiac care

On Saturday, November 15, a partnership between the Muslim Welfare Centre of Toronto (MWC) and Rouge Valley Health System Foundation formed with the announcement of a very generous \$50,000 gift for the hospital's Cardiac Care Program.

This is the first ever gift of its kind to a local community hospital by this group. Foundation representatives

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Members of the Muslim Welfare Centre presented the donation to Dr. Joe Ricci, Program Chief, Cardiology, at RVHS.

### 2015 resolutions: We have examples of ways to make this a great year!

It's a new year with great potential, and while some New Year's resolutions may have already been broken, we think it's never too late to set a goal for the year ahead and to achieve it!

Look for the '2015 resolutions' tag on stories in this edition of *Community Giving* for some ideas for positive change.

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Community Giving is published for the generous donors who support the **Rouge Valley Health System Foundation**

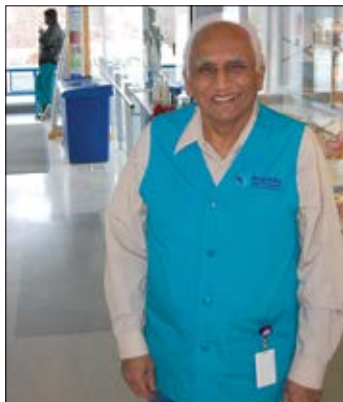
**2015 resolution:  
Volunteer!**

**Volunteer Profile:  
Chris Balakrishna**

Chris Balakrishna has been a member of the Auxiliary to Rouge Valley Ajax and Pickering hospital for a relatively short time, just two years, but in his role at the information desk and in the MRI Unit on different days, his smile and kind demeanor are making an impact on many of those he has met so far.

He explains that he was inspired by his two daughters to become a volunteer, having seen them in different volunteer work when he lived in Windsor, before moving to Ajax in 2009. Retired since 2008, Mr. Balakrishna previously spent time driving people to medical appointments and as a driver for Meals on Wheels. What keeps him going is the personal interaction he enjoys with people he meets.

"One woman was walking by and then she came back after a mo-



**Volunteer Chris Balakrishna.**

ment and she said to me, 'you have a beautiful smile, so welcoming'" he says. "Moments like that make me feel good to be giving back."

In the MRI Unit, he prepares people for their scans and here he gets more interaction with people. Mr. Balakrishna marvels at the work the team do in that department.

"They are so good at what they do," he says. "They are always smiling and they make patients comfortable by explaining every step."



**At her 100th Birthday party, held at RVC in November, Eileen Mason was surrounded by many friends at the hospital.**

**Volunteer turns 100**

Eileen Mason, long-serving volunteer at Centenary, was celebrated for her 100th birthday at a party in November, by a full room of friends.

Asked her secret for a long life and says "I like to not miss anything. I read a lot. I watch documentaries. I'm curious." In addition to her 50 years at Rouge Valley, she has been an active member of her church for

78 years. "Whenever I join anything, I never seem to leave it," she says.

Ms. Mason was also honoured at Pickering-Scarborough East MPP Tracy MacCharles' annual New Year's Levee and Volunteer Recognition Event, in January. Eileen was pleased with the ceremony.

"People came up to speak with me and that was quite nice. I heard 'You don't look your age,' so many times," she laughs.

**RVHS has fastest cancer treatment in Ontario**

The fastest cancer care for women with an abnormal breast screening test result occurs right here in the central east region, which includes Durham and Scarborough.

Rouge Valley Health System is part of the Central East Regional Cancer Program, which has just received recognition from Cancer Care Ontario for achieving the lowest wait times in the province. The central east program is one of many in the Ontario Breast Screening Program (OBSP), funded by Cancer Care Ontario. The OBSP provides high-quality breast cancer screening for women aged 50 to 74 years.

"The process to get assessed used to take a couple of months. Now, it can take as little as a week," says Michelle Jones, a system navigator with the OBSP clinic at Rouge Valley. Her job is to support patients through the whole process, from initial family doctor referral to diagnostic assessment, surgical consult, biopsy, the patient receiving the pathology report and getting booked for surgery if needed.



**Rouge Valley  
HEALTH SYSTEM**

"Before the whole assessment program, a woman would visit her family doctor with a concern. The family doctor would put in a request for a mammogram or ultrasound. Once that screening was done, the results would go back to the family doctor. Most mammograms are normal. The few abnormal mammograms are referred to a surgeon, who then performs the biopsy."

By calling the program at Rouge Valley (Centenary and Ajax and Pickering), family doctors can get women in for a screening almost immediately, sometimes the same day. If the findings of the screening are suspicious, the results come to Ms. Jones, who phones the family doctor. From the time she gets the report to the time the patient sees a surgeon is less than 72 hours. After a biopsy is done, Ms. Jones aims to get the pathology reports back to the refer-

ring surgeon and family doctor quickly, again within 72 hours.

**A patient's experience**

As part of patient Lynn Bannan's regular mammograms, an abnormality was found. "They fast-tracked me through," she says. "On a Monday I had the mammogram and ultrasound, three days later I had a ductography (x-ray of breast ducts), and within two hours after that I was in my doctor's office for a report."

Ms. Bannan is grateful for the program staff at RVHS. "When you sit there before your mammogram, you can see the stress on every woman's face in that waiting room," she says. "But here at Rouge, they make you feel at ease. They go above and beyond. They want to get you that diagnosis. Their attitude is, if there's a road to go down, let's get them on it, as soon as possible."

Women with a concern can request a referral to the OBSP at Rouge Valley Health System through their family doctor, who can call OBSP booking at 416-281-7299. Doctors seeking urgent assistance can call Michelle Jones at 416-284-8131 ext. 5329. | Jane Kitchen

*"...here at  
Rouge, they  
make you feel  
at ease."*

# Getting in shape made all the difference for knee replacement

## Exercising helped prepare for surgery

**2015 resolution: Get in shape!**

Vidya Sagar may not be ready to run a marathon, but thanks to knee surgery and an excellent rehab process, the Ajax resident is feeling better on her feet than she has in many, many years.

Mrs. Sagar underwent surgery to replace her left knee last year and thanks to following the steps in the Rouge Valley Health System's new prehabilitation program, her surgeon, Dr. Hamdi Benfayed, "okayed" her for a right-knee replacement as well. It meant a longer recovery, but thanks to her improved fitness, even that was better than it would have been.

The prehabilitation program, along with therapy afterward, is something she found to be helpful beyond measure.

"Pre-hab and the therapy after surgery are much needed and I encourage everyone to take advantage of it," Mrs. Sagar says. "It helps manage the pain and helps the healing process," she says. "It gives you experience before-hand and helps build strength in the areas needed to sustain recovery and therapy after surgery."

In many ways, she feels like a whole new woman, she says. And she is sticking to her new active lifestyle.

"(Prehabilitation) helped build muscle and strength pre-surgery," Mrs. Sagar says. "It also promoted an exercise regime which helped me a lot. Most of all, the staff, nurses, and therapists were patient and very helpful, even giving me homework!"

Remarkably, her new knees



**Vidya Sagar can get back to travelling again after knee replacement surgery.**

might never have happened if the pain hadn't become too much.

"After years of suffering in pain, and various treatments and therapy, it was time to undergo surgery," she explains. "I had prolonged this to try and avoid any surgeries, my biggest fear, but it was time."

It was the chronic pain and severe arthritis that led her to Dr. Benfayed and she is happy the way everything worked out. Not only for his expertise, but for his patience, thoroughness and understanding.

With the surgery now over, and rehab in the process, Mrs. Sagar looks forward to recommencing her love for travel, somewhere hot, maybe her native Fiji Islands!

To support the prehab campaign, visit [www.myrougevalley.ca](http://www.myrougevalley.ca) and click on the 'Get in shape, heal faster' button.



**From left, Dr. Marietta Zorn, Karen Petcoff and Christine Bentley, all raised a glass to toast the successful Seeing is Believing campaign.**

## Seeing really is Believing

The Rouge Valley Health System Foundation was honoured to hold an exclusive evening for the supporters of the Seeing is Believing campaign on Oct. 15.

Guests enjoyed featured art and wine sponsored by E&J Gallo Winery Canada Ltd. to support and celebrate the Plastic Surgery and Reconstructive Program of Rouge Valley Health System. The event was hosted by de luca fine art gallery on Avenue Road in Toronto.

Along with professional artists, a

few celebrity 'artists' were asked to contribute to the show. One such person was artist and Canadian rock icon Terry Watkinson of Max Webster. He picked up a paint brush to create an original piece. He was joined by Christine Bentley, Breakfast TV's Dina Pugliese and Jennifer Valentyne, to name a few more.

Funds from the campaign will support equipment including a pulse dye laser to treat port wine stains. See more in the Photo Gallery at [www.myrougevalley.ca](http://www.myrougevalley.ca).

MARK YOUR CALENDAR FOR THE 2015 ROUGE GALA



FRIDAY MARCH 27<sup>TH</sup>: 6 P.M. - 1 A.M. TICKETS: \$300 PER PERSON  
LIBERTY GRAND: 25 BRITISH COLUMBIA ROAD, TORONTO  
ATTIRE: SEMI FORMAL - COSTUMES ARE ENCOURAGED  
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# Family Circle donations make a difference

## New equipment, education all thanks to your gifts

The continued generosity of our faithful Family Circle monthly donors has added up to an amazing \$141,000 raised in 2014!

Thanks to the support of this group of dedicated donors, the medical professionals at Rouge Valley Ajax and Pickering hospital and Rouge Valley Centenary hospital can continue to provide *the best patient experience* to their patients.

The funds, donated through the Rouge

Valley Health System Foundation, helped purchase life-changing equipment, such as:

- Cancer screening tools
- Syringe Pump
- Hardware/Software for Cardiac MRI Imaging
- Fetal Monitors & Carts
- Greenlight Laser for Urology
- Blanket Warming Cupboards
- Handheld Bladder Scanner
- Treadmills for Cardiac Rehab

Plus, the Foundation was able to support educational opportunities and provide tuition grants for the hospital's medical staff



so that they can continue to stay up-to-date with the newest technology as well as the latest advances in health care.

Thank you to each and every donor for your thoughtful gifts.

**The following list reflects our Family Circle donors through 2014. (List accurate as of Dec. 31, 2014).**

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St. Mary's High School Vocal Jazz Ensemble, led by Musical Director Janet Yukich, performed at the Gala for Mayor Dave Ryan and the guests.

## A gala night to remember

This year's Pickering Mayor's Gala, hosted by Mayor Dave Ryan, marked a decade as the premiere black-tie fundraiser for Durham Region. In that time more than \$1 million has been raised for Rouge Valley Ajax and Pickering hospital and other community organizations.

This year's gala revisited the roots of the fundraiser, the Festival

of Trees, and celebrated the hospital's 60th anniversary.

Funds from this year's Gala will go toward the new patient patio being built, attached to the 2 North complex continuing care unit. This space will provide a comfortable and easy to access outdoor space to aid in the healing process for patients, especially those have mobility issues.



Brothers Steve, left, and Peter Apostolopoulos, with mom Joanna.

## Tree brings smiles to RVAP

The cafeteria auditorium of Rouge Valley Ajax and Pickering hospital campus (RVAP) shone brighter than ever thanks to a beautifully decorated 10-foot Christmas tree lit up for everyone to enjoy throughout the holidays.

Gifted to RVAP, by the Apostolopoulos family, it was won in a spirited live auction at this year's Pickering Mayor's Gala, held in November.

The Apostolopoulos family were the winning bidders, with the three brothers, Jim, Peter and Steve on hand. It was later revealed that Steve's wife Laura had the idea as the auction got going that night and Peter did the bidding. Going

up to accept, Peter announced that they were donating the tree to support the community hospital to bring some smiles to patients, families and caregivers there.

On Dec. 10, Peter, Steve and their mother Joanna attended the hospital to see the tree and they enjoyed witnessing the effect it has on people there. "Absolutely it was an amazing feeling to see, especially during the holiday," Steve says. "Being in a hospital, you may miss the holiday season, so the tree was a great way to bring the holidays into the hospital."

See more in the Photo Gallery at [www.myrougevalley.ca](http://www.myrougevalley.ca).



# Remember Us

Memorial, tribute and thank you donations stay at your local community hospital

The following have been recognized with a gift in their honour to support Rouge Valley Health System Foundation, between October 1 to December 31, 2014.

### In Memory:

Anwar Baig  
Eric Bellchambers  
Roger S. Bickers  
Gordon Blyth  
Chi Miu Cheung  
Eleanor Clarke  
Murray Connor  
Jean G. Curtis  
Emidio Donatelli  
Larry Eden  
Earl Eden  
Doreen Eriksen  
Eva Fichman  
Betty Fullerton  
Jozsef Fulop

Frank Furo  
Helen Gagovski  
Margaret Gribbon  
Mildred M. Hawkins  
Patrick Hosannah  
Edna Huckelbridge  
John D. Jahren  
Betty A. Kirkland  
Martin Martens  
Murray Martin  
Karen Mayne  
Joyce M. Melville  
Jeromino J. Menezes  
Shanthakumari  
Murugiah  
Earl Pascoe

George T. Priestman  
Mrs. Redkin  
Dorreen Rudkin  
Mary Sadlek  
Stefan Szczerowski  
Arlene G. Tasker  
Hazel Tatem  
Roy Thomas  
Kalju Varangu  
Pamela L. Weber  
Past members of Pickering Men's Slow Pitch

### In Honour:

Arif Baig

Dr. Mansour Bendago  
Laurie Breeze  
Dr. Jason Burstein  
Dr. Michael Chan  
Jennifer R. Collins  
Dr. Hanna Dief  
Maureen E. Dowhaniuk  
Donna M. Elliott  
Brenda M. Fick  
Mihael Fofic  
Dr. Stephen H. Gally  
Dr. Richard Kaminker  
Vee Lidon  
Dr. Naresh Mohan  
Dr. Kirit Patel  
Tracy L. Paterson

Dr. A. Joseph Ricci  
Rouge Valley Ajax and Pickering hospital Staff  
Rouge Valley Centenary hospital Staff  
Roselyn Sagar-Lal  
Dr. Jeffrey Spodek  
Dr. Romas V. Stas  
Dr. Charles Thompson  
Dr. James Wang  
Lt. Col. Thomas R. Wheler  
Dr. Jason H. Wong  
Dr. Teraiza Yassa  
Dr. Marietta L. Zorn

Celebrate a special occasion, show your appreciation or remember a loved one by making a donation to Rouge Valley Ajax and Pickering hospital or Rouge Valley Centenary hospital. Simply contact the Foundation office at 905-683-2320 x1501 or 416-281-7342, or make your donation online at [www.myrougevalley.ca](http://www.myrougevalley.ca).

# 'Alyce' Cameron: a life well lived

In April 2014, Rouge Valley Health System Foundation received notification of a bequest to Rouge Valley Centenary hospital. As sometimes happens, the donor had never given to the Foundation and the provision in the Will was for 1/6th of any funds remaining in the residual of the Estate. What could this possibly mean? In December, we learned just how caring and generous the donor was as the Estate executor and nephew, John Cameron, came to Centenary to present the first cheque to the Foundation.

Born Alice Dolores (Lefebvre) Cameron, in 1912, Ms. Cameron chose to reflect her proud French roots by styling her name 'Alyce'. It was an expression of her unique attention to detail that was also reflected in her tasteful style, something that her nephew notes also added to her success in business.

Alyce and Jack Cameron met and married as employees of a silk screen printing company



**John Cameron, centre, with his fiancée Wendy Arnold, left, presented a gift from the estate of his late aunt, Alyce Dolores Cameron, in December.**

in Toronto in the early 40s. The two struck out to establish their own silk screening

company which they ran together until Jack died of cancer in 1961. Mrs. Cameron kept the business running very successfully until selling the company in the 70s.

Alyce passed away in early 2014 when she was nearly 102 years old. Her generosity and attention to detail was evident in her Will as it was revealed that she selected 28 medical and educational institutions to receive a bequest, including a generous gift to RVHS.

"Alyce was retired for decades and obviously took the planning of her Will as a labour of love," says Mr. Cameron. "Wendy (his fiancée) and I wanted to sort out the jigsaw of why she picked the 28 she did. We have found out wonderful stories about the many charities she included and found out that it was beautifully diverse. We look forward to learning more about Centenary hospital in the coming months as we finish delivering Alyce's final gifts."

## 2015 resolution: Get that Will done!

New Year's resolutions are always fun to make – with lose weight, quit smoking, and spend more time with loved ones among the most popular promises. When you think of your loved ones, did you also think of the best ways you could help them, long term?

Preparing a Will is one of the most important New Year's tasks you can do as it shows you have thought about your dependents, your beneficiaries, and the charitable organizations you supported during your lifetime. A poorly drafted Will may cause more grief than gratitude, additional expense or litigation, and

a chance your estate won't be administered or distributed as you might have wished.

Will and estate planning are very technical areas. The complexities of the Family Law Act, as well as the various laws affecting the taxation of estates, make it essential that your Will be prepared by a specialist. Remember, you have trusted your banker, financial adviser and lawyer so far, so make sure you gain their expertise to write your Will.

Important components of your Will include:

- Naming the Executor/Trustee of your Estate
- Who will be the beneficiary of any existing life insurance/RRSP/TSFA/Pension plans?
- Who do you want to leave cash legacies to?
- Do you want to leave personal property to

specific people, such as jewelry, art or tools?

- Do you need to create trusts for your spouse and/or children, or a Henson Trust for a disabled child?
- Establish guardians for children
- Designate alternate residue to charities
- Ensure proper execution of your Will

Don't be discouraged. While making a Will involves much more than expressing your wishes in writing, there's competent help and good information out there to get you on the right path. If you're looking to get started, contact Mary Slavik, Director Planned Giving, for a free copy of "Guide to Making Your Will". Mary can be reached at [mslavik@rougevalley.ca](mailto:mslavik@rougevalley.ca) or at 905-683-2320, ext. 1956.

## In Our Hands

Continued from Page 1

After months of trying to find the medical reason for her fatigue and dramatic weight loss, Heather Pugh needed answers. Her family doctor explained that her CT scan showed a large mass near or on her kidney.

"By mass, you mean malignant tumour, right?" Heather asked, terrified at the word, 'cancer'.

In a CT scan, cysts present as fluid, tumours as solid tissue; there was no mistaking the 15 cm tumour. According to Dr. Jeffrey Spodek, RVHS Division Head, Urology, kidney cancers can grow quite large without detection because there are few nerves in kidneys and therefore little pain.

Their location allows room for growth, so often kidney cancer is only discovered once it reaches an advanced stage. In Heather's case, the cancer was too far advanced to save the affected kidney. "If we didn't operate, the cancer would have spread and it's quite likely that Heather wouldn't be here with us today," says Dr. Spodek. "We were happy to get Heather into surgery quickly, and with good results."

Today, six years later, Heather, a car enthusiast, says she's back to her active lifestyle.

Right now Rouge Valley urgently needs your help to ensure patients get the best care, aided by the best technology and proven approaches to care. Improvements to Rouge Valley's surgical program will have an immediate, lasting impact that will be felt by thousands of our neighbours,

family members and friends.

Be a part of some very exciting changes in Rouge Valley Health System's Surgical Urology program.

To complete Rouge Valley's Phase One investment, an additional \$500,000 must be raised to renovate and equip a new cystoscopy suite at Rouge Valley Centenary hospital. With the larger cystoscopy operating table now on site, the plan is to redevelop a new suite that will better accommodate it, and properly house the GreenLight™ laser, laparoscopic technology and the advanced equipment designed specifically for the table.

Find out how you can help. For more information, contact Katherine Craine, Director, Major Gifts & Special Campaigns, at [kcraine@rougevalley.ca](mailto:kcraine@rougevalley.ca), or call 416-281-7119.

# CHRISTMAS WRAPPED UP

See more photos of these donations and events by visiting our website [www.myrougevalley.ca](http://www.myrougevalley.ca) and click on the Photo Gallery tab.



## Guards bring a big stash of toys

Organization: Scarborough Town Centre  
Security Guards

Date: December, 2014

Donation: **Tons of Toys**

Designated to: RVC Paediatrics



## A man on a mission

Donor: Steve Kinsman

Date: December, 2014

Donation: **Toys**

Designated to: Child patients at Rouge Valley  
Ajax and Pickering hospital



## Kids at RVAP yelling "Bingo"

Organization: Delta Bingo

Date: December, 2014

Donation: **Truckloads of Toys**

Designated to: Child patients at Rouge Valley  
Ajax and Pickering hospital



## A 'Beary Merry Christmas"

Organization: Scarborough Mirror

Date: December, 2014

Donation: **Bags and bags of teddy bears**

Designated to: RVC Paediatrics and maternal  
and newborns.



## In memory of Dad

Donors: Lisa and Eddy

Date: December, 2014

Donation: **Toys**

Designated to: Child patients at Rouge Valley  
Ajax and Pickering hospital

# UPCOMING EVENTS

## 2015 resolution: Come to an event!

### FEBRUARY

#### TO ROUGE WITH LOVE

Going into its 6th year in support of Rouge Valley's Regional Cardiac Care Program, these popular cocktail events launch again in February, 2015. To host your own event, please contact Foundation Board member Gord Moore or Ros Sagar-Lal in the Foundation Office at 416-281-7463 or email [rsagar-lal@rougevalley.ca](mailto:rsagar-lal@rougevalley.ca).

#### FAMILY DAY WALKATHON

On Family Day, Feb. 16, 2015, the generous members of the Scarborough Muslim Community and the Save Family Values groups will once again walk to support excellence in local health care, by holding their third-annual

walkathon, in support of patient care at Rouge Valley Centenary hospital. The annual walkathon takes place at the Scarborough Civic Centre. For more information and to find out how you can take part, visit the Upcoming Events section at [www.myrougevalley.ca](http://www.myrougevalley.ca).

### MARCH

#### HEALING HOPE BRUNCH

Look for an amazing afternoon on March 29th from 1 to 5 p.m. at the Healing Hope Brunch. Letna Allen-Rowe, a former patient of the Rouge Valley Centenary hospital Oncology Unit, holds her third-annual fundraiser at St. Peter & Paul Banquet Hall, 237 Milner Ave in Scarborough. Tickets are \$70 and can be purchased online by visiting the Upcoming Events section at [www.myrougevalley.ca](http://www.myrougevalley.ca) or can be arranged by contacting Ms. Letna at 416-286-4857.

## D O N O R N E W S

### Muslim Welfare Centre

#### Continued from Page 1

met with Muhammad Ali, a Director on the MWC Board, last year and he shared his cardiac story with us. He learned first hand as a patient what the direct impact of community donations mean to patients who have undergone a cardiac event.

As a patient, Muhammed experienced the full range of the services provided in the Cardiac Care Program, from emergency to rehab. It gave him an appreciation for the program and since then the Foundation has worked with Muhammed and his many colleagues who have shared similar stories, and this is how they came to choose to

support their local hospital.

The Muslim Welfare Centre was founded in 1993 by Muhammad's parents, the late Major Muhammad Abbas Ali and wife Sarwar Jahan Begum, who were once patients of Dr. Joe Ricci, Program Chief, Cardiology, at RVHS, as well.

This amazing non-profit organization participates in significant outreach throughout Ontario, Canada, and the world. From essential Food Banks, Meals on Wheels, the Women's and Children's Shelter, Public School Nutrition program, Free Medical Clinic, Disaster Relief, Support a Child, and the very recent Regent Park Meals, to name a few!

Learn more about the MWC at [www.muslimwelfarecentre.com](http://www.muslimwelfarecentre.com).



**Rouge Valley**  
HEALTH SYSTEM  
FOUNDATION

We look forward to hearing your stories and feedback. If you would like to subscribe to our *Community Giving* eNewsletter, please write to us at [foundation@rougevalley.ca](mailto:foundation@rougevalley.ca) (include "Subscribe eNewsletter" in the subject line of your email).

**Rouge Valley Centenary** ■ 2867 Ellesmere Road, Toronto, ON M1E 4B9 ■ (416) 281-7342

**Rouge Valley Ajax and Pickering** ■ 580 Harwood Avenue South, Ajax, ON L1S 2J4 ■ (905) 683-2320 x1501

website: [www.myrougevalley.ca](http://www.myrougevalley.ca)

■ twitter: [www.twitter.com/RVHSFoundation](http://www.twitter.com/RVHSFoundation)

■ facebook: search "Rouge Valley"