



Mission Statement:

“LAMP Community Health Centre strives to improve quality of life by supporting people to reach their full potential. We do this by working in partnership with our community to address new and emerging community needs, and by supporting a wide-range of health care services, community programs, and advocacy initiatives that promote the physical, emotional, social, and economic well-being of our community.”

What We Believe:

We believe that everyone has the right to live in a healthy community.	We value and respect people of diverse backgrounds and perspectives, and are committed to providing meaningful opportunities for our community to determine its own needs.	We believe that everyone has strengths, and that each person has the right to both contribute to, and to be helped by their community.	We are committed to fighting oppression in our community.
Inclusiveness is a core value at LAMP.	We believe that health is more than the absence of disease. It is influenced by social and economic factors.	We are committed to helping everyone in our community get access to the resources and supports that they need.	We believe that some members of the community have greater needs and fewer choices and therefore require more of our services, advocacy, and support. Empowering people strengthens the whole community.

LAMP WANTS YOU ...

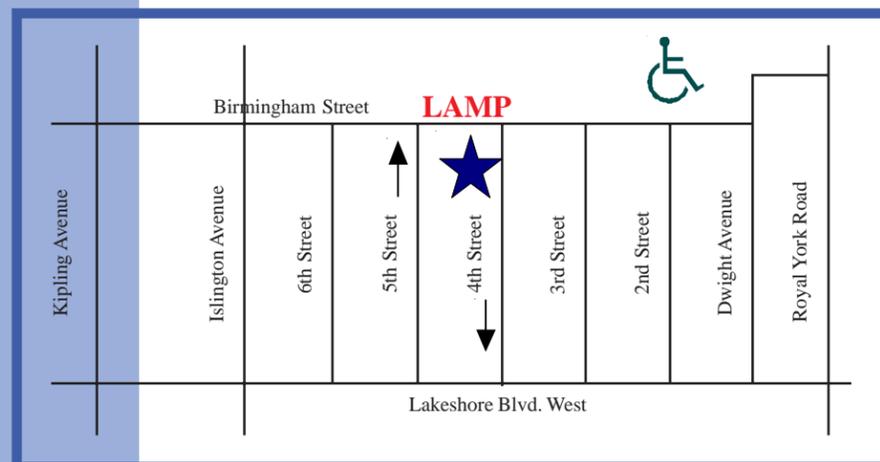
- To serve on a new Fundraising Committee.
- To join our Community Relations and Membership Committee.

LAMP values and appreciates the skills, knowledge, and commitment community-minded citizens contribute to our society.

We welcome all new members who are dedicated to building a healthy strong community.

Join a LAMP Committee Today!
Call Jasmin @ 416-252-9701 ext. 308
See how you can get involved

Where We Are



185 Fifth Street, Etobicoke, ON, M8V 2Z5
(416) 252-6471 Fax (416) 252-4474
www.lampchc.org
TTY 416-252-1322



LAMP

Fall Edition 2005

Your Community Health Centre

Michael Clemon's biography is entitled "All Heart" and that is exactly where he spoke from at a recent fundraising breakfast in support of LAMP's breakfast clubs.



The coach of the Grey Cup champion Toronto Argonauts enthralled the capacity crowd at Strates Restaurant with personal stories about how individual acts of kindness and support have changed the lives of people and built community.

"I lived down the street from the railroad tracks and across the street from the sewage treatment plant. I may have not had a lot of material things but I was rich. I was rich in the support I received from others to realize my dreams."



"The Pinball" challenged the audience to think less about their own material needs and to make a personal commitment to be a support to another, to assist others to reach their potential.

Much of his speech was directed at many of the youth who were in attendance. He spoke directly to them about the inner strength that is required to reach one's potential especially when it is so easy to give up on oneself.

Michael was truly inspirational. He spoke about how individuals through their actions can work together to build community. That's a big part of what LAMP is about and his message had an impact on all of us.

The event, which was carried on CITY TV's Breakfast Television, raised more than \$3,000. LAMP operates breakfast programs in four local schools and feeds on average more than 180 children per day. Each year LAMP has to raise 50 thousand dollars to maintain these programs in our community.

Russ Ford, Executive Director

6th Annual Awards of Merit

Recipients

- | | |
|----------------------------|---------------------------------|
| John Crawford | Margaret Gombita |
| Pat Lewis | Tonya O'Keefe |
| Gilbert Young | Lakeshore Lions Club |
| Art Lockhart | Irene Jones |
| Dominic (Kyriakos) Platsis | H.G. Porritt Real Estate |
| Tashi Dhondup | Julie Northrup |
| Bill Simmill | Marie Deane |
| Susan Nagy | Doug Mills |
| Bob Russell | Debra Selkirk |
| - Don Russell Drug Store | The New Toronto Good Neighbours |
| Martin Luther Church | - Stephanie Goddard & Jem Cain |
| Day Nursery | |



Thank you for helping to make the Lakeshore a Healthy Community

Tips On How To Build Community

- Turn off your TV
- Leave your house
- Know your neighbours
- Look up when you are walking
- Greet people
- Sit on your stoop
- Plant flowers
- Use your library
- Play together
- Buy from local merchants
- Share what you have
- Help a lost dog
- Take children to the park
- Garden together
- Support neighbourhood schools
- Fix it even if you didn't break it
- Have pot lucks
- Honour elders
- Pick up litter
- Read stories aloud
- Dance in the street
- Talk to the mail carrier
- Listen to the birds
- Put up a swing
- Help carry something heavy
- Barter for your goods
- Start a tradition
- Ask a question
- Hire young people for odd jobs
- Organize a block party
- Bake extra and share
- Ask for help when you need it
- Open your shades
- Sing together
- Share your skills
- Take back the night
- Turn up the music
- Turn down the music
- Listen before you react to anger
- Mediate a conflict
- Seek to understand
- Learn from new and uncomfortable angles
- Know that no one is silent though many are not heard work to change this



Awards Ceremony MC
Alicia Kay Markson,
CTV News Toronto,
LAMP Community Health
Centre's Membership
Campaign Chair for 2005-2006



Face Painting



South Asian Dancers from the
SAJ Academy of Dance



Jello Eating Contest

Plight for Recreation in the Lakeshore

Some community residents have been taking action over the past few months, trying to get more recreational facilities and programs for youth in the Lakeshore Area. These are some of the recent activities: Tom Horlock, a representative from the YMCA came and spoke to a group of residents and community builders at LAMP Community Health Centre about the possibility of building a "Y" in the Lakeshore. He stated that they are open to the opportunity and that with official local government support, it could take 18 months from start to finish. Mr. Horlock also stated that the Y is looking at retrofitting older buildings like vacant factories rather than building new facilities because it is more economical. Since that meeting efforts have focused on asking our political representatives for their support and so far the results have been very positive.



The City of Toronto is also planning a gym and some other rooms to attach to the new Father John Redmond High School but to date the community recreation space has not been started. More good news. LAMP Community Health Centre is taking the lead on starting up the first basketball program for older youth in the Lakeshore 19-24, at Humber College's Lakeshore Campus. The move comes after almost a year of lobbying from local youth for such a program. The South Etobicoke Youth Assembly worked very hard to advocate for this needed program through Re-Activate Toronto: a consultation on Parks and recreation services, 'Listening to Toronto' the municipal budget process, A youth Rally in the

winter covered by City TV, The Etobicoke Guardian and the Humber College Student Newspaper Humber EtCetera, and local youth stated their needs very passionately at a recreation information meeting hosted at LAMP in May. No new programs were offered so LAMP CHC is responding to this need. If older youth have positive healthy activities to engage in, they have less idle time, they feel better about themselves, they can socialize in a safe setting with

positive role models and agencies that can connect them with opportunities they need to improve themselves. Humber College has made the gym available for this program for youth from 19-24 on Friday nights this fall, but we still have to pay for the space and staffing required to ensure quality programming.

If you would like to support this program through a donation please send your donation to LAMP CHC or

go online to our website at www.lampchc.org and donate through Canada Helps. The icon is on the left hand side towards the bottom of the front page. Tax receipts are available for donations over 10 dollars. A small group of community champions are trying to get more recreation facilities in this area built. But they can't do it alone. Let's make history this fall and winter together, and start a few capital projects that we can walk by in the years to come and say proudly, these recreational/health facilities are here because the community took action.

Call 416-252-6471 ext. 308 to get involved.

The Etobicoke Lakeshore Early Years Centre

The Etobicoke Lakeshore Early Years Centre has recently opened up two new satellite locations for families with children 0 to 6. In September, families living in the Queensway/Islington area can now visit a drop-in and playgroup located in Queensway Baptist Church at 950 Islington Ave. For exact dates and times call us at 416-252-8293. After you enter through the side door and walk down a few steps you will find a room full of fun! There are a variety of toys for your children to play with, craft time, snack and a great circle time complete with songs and stories.



2nd Anniversary Party

some of the other families in your community. For exact dates and times we'll be there in the fall call us at 416-252-8293.

Other satellite locations are Children's Corner at 432 Horner Ave in the Franklin Horner Community Centre and Sunnylea drop-in at 851 Royal York Road in the Royal York United Church. Our main location is located here at LAMP and you can

get more information about programs and services by calling 416-252-8293 or visiting:

www.ontarioearlyyears.ca,
www.dadstoday.org, or
www.lampchc.org.



HANDS OFF Campaign



LAMP has been part of The Hands Off Campaign. This is an advocacy initiative to re-instate the National Child Tax Benefit (NCTB) or Baby Bonus for people on social assistance. Did you know that during the Harris government, this benefit was taken away from families on Ontario Works (OW) or Ontario Disability Support Program (ODSP)? Every month, \$121.00 per child is deducted from social assistance cheques. This is the equivalent of \$1400.0 per child per year. That's enough money to make a difference at the grocery counter or to lighten the load in other areas of basic need.

During his election campaign, Premiere McGuinty promised that he would stop this claw back and put the money back into the pockets of families on social assistance. The Hands Off Campaign is holding him to his promise.

A recent Statistic Canada (2003) report stated that one of the most important predictors of a person's

health status after age was **income**. People in the lowest annual income category were five times more likely to report poor or fair health compared to those in the highest group. In another report by the Canadian Institute of Child Health (2000), it was found that income was associated with low birth weight, injury-related mortality and developmental problems. Similar evidence around the world shows a child's health status is directly linked to the income level of his/her family.

In our recently completed strategic plan, LAMP is committed to advocating for social welfare reform. It is our belief that, if we want to have an impact on the health of people in our community, we need to consider and address income security. Right now, on Ontario Works, a single parent with two children will receive \$1119.00 per month and a single person will receive \$536.00. The problem is further compounded when basic benefits like the NCTB are withheld from families already living in this type of poverty. We are creating poor health when we institute policies that keep people well below the poverty line.

The Hands Off Campaign is one of many initiatives LAMP will be involved with over the next several years. On April 6th, Premiere McGuinty was handed 4000 postcards delivered from across the city. The budget however, made no mention of changes or increases for people on social assistance.

Toronto Heart Health Partnership

Thanks to the Toronto Heart Health Partnership Initiative, we have been doing some fun and interesting Heart Health activities and learning in LAMP's Early Years programs. On Valentines Day we had a huge Love Your Heart party with lots of Heart Health activities for children and their parents. We shared a healthy heart lunch prepared by volunteers. A registered dietician has also been visiting our Baby Club, Supper Club and Toys in the Park programs to talk about ways that families can make sure they are eating a Heart Health diet. During the winter months we handed out Heart Health material in our Let's Get Moving physical activity program for children aged 4 to 6 and involved the parents in safe and fun indoor physical activities.

A number of women have taken a 6 week Cooking Club program that is led by a registered dietician. They practiced cooking Heart Health recipes and learned about

Heart Health menu planning and meal preparation. Our youngest parents (aged 14-24) took this knowledge and catered food for 3 big events at LAMP where they received rave reviews.

We have worked hard to integrate heart health education and information into a variety of programs that serve our families. If you are interested in knowing more about a Heart Healthy lifestyle call Sarah Greig at 416-252-6471 ext 285 or visit: www.city.toronto.on.ca/health/hh_index.htm.



Adult Drop-in and Out of the Cold Day Program

The Adult Drop-in has been a very successful program at LAMP. It currently operates two days a week, Monday and Wednesday from 8:30am to 3:00pm. The program season runs from September to June. Program staff are very busy working with the almost thirty people who come on a daily basis.

Acting in partnership with the overnight programs, LAMP's role was to provide the space for the Drop-in program, which was designed to meet the daytime needs of participants. By the time the current staffing team had been recruited, the program had been operating two seasons, serving a core of approximately 12 people. Very quickly in their first year, Amanda and Debbie acted upon opportunities presented to expand the program to two days and also extend the year to June. As a result, more people from the community started to attend.

The program is very dynamic. Participants engage in a variety of activities throughout the day. There are tables and chairs to set-up and meals to prepare. Under the guidance of program staff, participants take on these tasks. The program also celebrates monthly birthdays. This is fast becoming a highlight of the month, especially for those who are the "Birthday Babies".

It would not be possible to talk about the impact of the program on participants without mentioning the food

program. From the very beginning, staff have made a commitment to providing hot, home-cooked meals to everyone attending. Starting with breakfast in the morning for all the early birds to a hot lunch at noon, the meals have certainly drawn people to the program. Many participants have learned new skills in food preparation under the eye of Debbie Nelson, Drop-in Co-ordinator.

Participants are usually very active in the computer lab. While some people are checking their own e-mails to keep in touch with friends and family, some people are using the service for the very first time. Staff and volunteers assist participants to set-up their personal e-mail address and learn how to access other programs on the computer. Many participants use this service to assist them with their job search activities.

Participants who have shown an interest in further learning and education are invited to a new component of the Drop-in called the "Stepping Stones" program. Here topics such as resume development, interview skills and health related issues are covered by the group. The idea for this program came when staff recognized that many participants wanted to get more out of their time in the Drop-in. Through surveys and in-depth discussions with the participants the idea for this new and innovative program grew. The program has been recognized by Social Services for its benefit to

participants. At least one member of the group has found employment as a result of their participation.

Guest speakers are also invited to the program. St. Christopher, St. Stephen's and Daily Bread have all sent program staff to speak on a variety of topics from income security to conflict resolution. Last spring, the program did a considerable amount of work on voting and the election process. As a result about 35% of the participants reported participating in the election process directly. Participants have also gone to City Hall to represent the program on such issues as housing and homelessness.

People come to the program for a variety of reasons. Community members, who may have come initially for the food, end up staying because they are making friends and social connections. These connections are the number one reason why people stay in the program. From the beginning, program staff have invited LAMP staff and other community members to come to lunch. We continue to extend the invitation to the community.

All in all, the program is very successful. Both staff and members enjoy coming everyday to engage in the process of making somebody's day just a little bit better.

By Amanda Jeans



These are our wonderful graduates from the third session of our successful Stepping Stones program. As you can see they are all very proud of their accomplishment.

Starting at the left are Lorne, Amanda (Program Coordinator), Donald, Debbie (Drop-in Coordinator), Ken, Robert and Nolan. You may be seeing them around the building as they are very active volunteers and often help out, not just in the program but throughout the agency.

Franklin Horner
Extravaganza
 432 Horner Avenue
 (between Kipling & Brownsline)
Saturday September 10, 2005
 10:00 a.m. - 7:00 p.m.

Barbeque
 Ethnic Foods
 Beer Garden
 Live Music & Entertainment
 Vendors & Crafters



Mini Midway
 Kids Games
 Face Painting
 Casino
 Draws & Prizes

FUN for all Ages
 For more information call 416-252-6822

Join Franklin Horner Community Centre as they host their first ever Annual Extravaganza, September 10th. Franklin Horner Community Centre is a non-profit community centre running programs and services for children, youth and families, older adults, sports organizations, dance and ethno-racial groups, bands, artists, etc. We have meeting facilities and gym space available for community groups and functions to members of the centre. **Become a member today!** Membership fee \$15.00 per year.

West Toronto Diabetes Education Program – We’re Growing!!

The Diabetes Program is pleased to announce the addition of a new partner agency: The Four Villages Community Health Centre (located at Keele & Bloor).

The Diabetes Program is now offering individual and group education sessions with our Registered Dietitian and Nurse Educator out of 6 centres throughout west Toronto, including LAMP. We are excited to be able to reach more individuals who are living with diabetes, and/or their caregivers. We are also seeing individuals with “pre-diabetes” in order to help prevent the onset of diabetes.

Our next group at LAMP begins Sept 8, from 1:30-4:30 at JobStart (2930 Lakeshore Blvd. W.), for 4 weeks in a row and covers topics such as meal planning, weight management, exercise, medications, preventing long term complications, what to do if you are sick, stress management, and much more. We also have an evening program at Stonegate Community Health Centre (150 Berry Rd), starting September 20th, 6-9, for 4 weeks in a row.

There is no charge for this program. To register for the upcoming group, or to find out more about the diabetes program please contact Jennifer at 416-252-1928.

LAMP'S
ANNUAL GENERAL MEETING
 Thursday September 22 @ 7 p.m.
 in the community room
 Guest speaker will be
Adriana Gomez
 City of Toronto
 Parks and Recreation Planner
 Topic Recreation Facilities for the
 Lakeshore

Did you know that

LAMP CHC had 419 volunteers last year?
 They volunteered their skills and talent for a total of 18,400 hours.
 Hats off all the individuals who are making a difference at LAMP CHC.

We couldn't do it without YOU!



SEYA - A Year In Review

What an eventful year 2005 was for The South Etobicoke Youth Assembly. Over the course of our session (Fall-Summer) SEYA has managed to keep itself busy with not only a variety of special events, but ongoing work in activism as well.

Our first movements last Fall came in the form of training when Jasmin, our Health Promoter, educated both new and veteran SEYA members on issues such as teamwork/ team building skills and anti-oppression in the community. Thereafter, SEYA picked up where she left off on the issue of programming for older youth in the community and rallied together to show support for the creation of a 19-24 year old basketball program. With a turnout of over 75 youth from in and around the community, SEYA expressed its concerns around the lack of older youth programming and suggested ideas such as starting up a program again at Humber College, this time for older youth around college age.

The great news is that LAMP CHC is taking the lead on this service gap with the support of Humber College Lakeshore Campus to rent its gym. The move comes in response to the voices of local youth who have been advocating for this program with no results. Watch for it this Fall.

Youth spoke passionately about the long standing need for a community center and asked 'how many more youth have to get into trouble' before adequate older youth programming is offered in South Etobicoke. The need for free community recreational space in the Lakeshore particularly for youth with limited finances has been brought to the attention of government officials over the past five years. SEYA has been voicing opinions on the matter, and offering concrete solutions since June 2000. To date, no new programs addressing the specific needs of many of the youth who have come to SEYA for help, have been met.

Another issue SEYA addressed involving youth in the community was policing – both the subjects of racial profiling and other experiences youth faced in the Lakeshore. SEYA held a “Justice for Youth” workshop, with guest speaker lawyer Emily Chan to

clear up myths and truths about civil rights and freedom particularly for youth under 18. This session was both informative and interesting for the 25+ youth that attended.



SEYA Members 2005

As the year pressed forward, so did our anticipations for several of our big events. SEYA held a Garbage-a-thon in April to raise money for one of our biggest annual events, Ruckus '05 and to help clean the community (which was in desperate need of a revival!). Two of our veteran volunteers Brandon



Garbage-A-Thon

and Daniel came up with the wonderful idea and several more came to show support as we cleaned the grounds of Lakeshore Collegiate Institute and Colonel Samuel Smith Park with our money from various sponsors.

In the spring, SEYA took part in a community meeting on recreation with our local Councillor Mark Grimes at LAMP. To a packed room we stressed

our ideas on the need for an accessible community center in the area, as well as programs offered to meet the needs of disadvantaged youth populations in South Etobicoke. This gave volunteers both young and old a chance to talk to their local councillor and get experience in dealing with both community issues and politics.

As Ruckus '05 was quickly approaching, SEYA held its second annual event in order to raise money and outreach for the show.

The 2nd annual Basketball Tournament, a.k.a. Stop the Violence took place in early June and with the tactful planning and

help from so many of our great volunteers, the event was a huge success. We raised money off of food sales and team deposits while we had prizes to be won and action to be seen!

Finally, we wound down the year with our last (but not least) special event – Ruckus 2005. This year's Fashion and Talent show – which is planned, practiced, and run by SEYA youth – was an amazing success with an amazing turnout. Almost 200 people came to watch as youth from this community as well as many others showcased their talent, fashions, and individuality at the Assembly Hall. Even with a few last minute alterations, the youth of SEYA came through and made the show better than ever before. Let's aim to make it even bigger and better for next year!

As we resume in the fall of 2005, we are anxious to get some new faces coming out to our meetings and helping us with our fun and informative upcoming events. Anyone looking for volunteer hours or just an after school activity is welcome to come by anytime to inquire about volunteer opportunities with SEYA. We would love to have you join us!

By Natalie Hay



I.C. Visions has been hard at work for the last few months introducing some new specialized programming, taking part in our third CONTACT photography festival and recording our brand new album "The I.C. Visionary".

Open two extra days a week since we started working on a feasibility study with McGill University in April, I.C.

Visions has been able to provide its participants with increased specialized programming and more one-on-one attention. Having just completed our inaugural series of music production classes with Toronto based music producers Sproxx and Soze, we are extremely excited to begin working on phase two of recording and preparing our I.C. Visions album. In the coming month we will be finishing all recording for the new project and will be running our series of workshops entitled "The Ropes" with major label music industry professionals speaking and teaching about the different jobs and responsibilities that make up a successful release of an album. We will be releasing a 12" vinyl across the country for promotional use only and a totally original CD written, produced and recorded by our participants from across the GTA. This CD will be available through I.C. Visions, select urban lifestyle stores across the mega-city and online with our partner HipHopCanada.com.

This summer we celebrated our 5th year anniversary! We are still trying to get over the fact that we are now successfully 5 YEARS OLD!!! Much thanks, love and respect goes out to everyone who has been a part of this dream at one point or another since its conception.

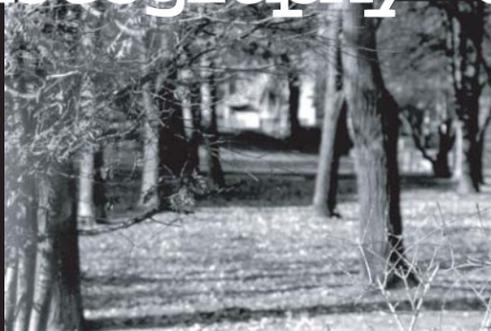
For more information on I.C. Visions and our upcoming initiatives please contact:

inner_city_visions@hotmail.com
or innercityvisions@hotmail.com.



By Derek Jancar

Photography Courses at LAMP



angry about what happened, but just being able to go to the darkroom and develop some pictures made me happy again. I couldn't believe how fast time passed when I was developing. It seemed to me that three hours weren't enough for me - I just wanted to go on developing all night!

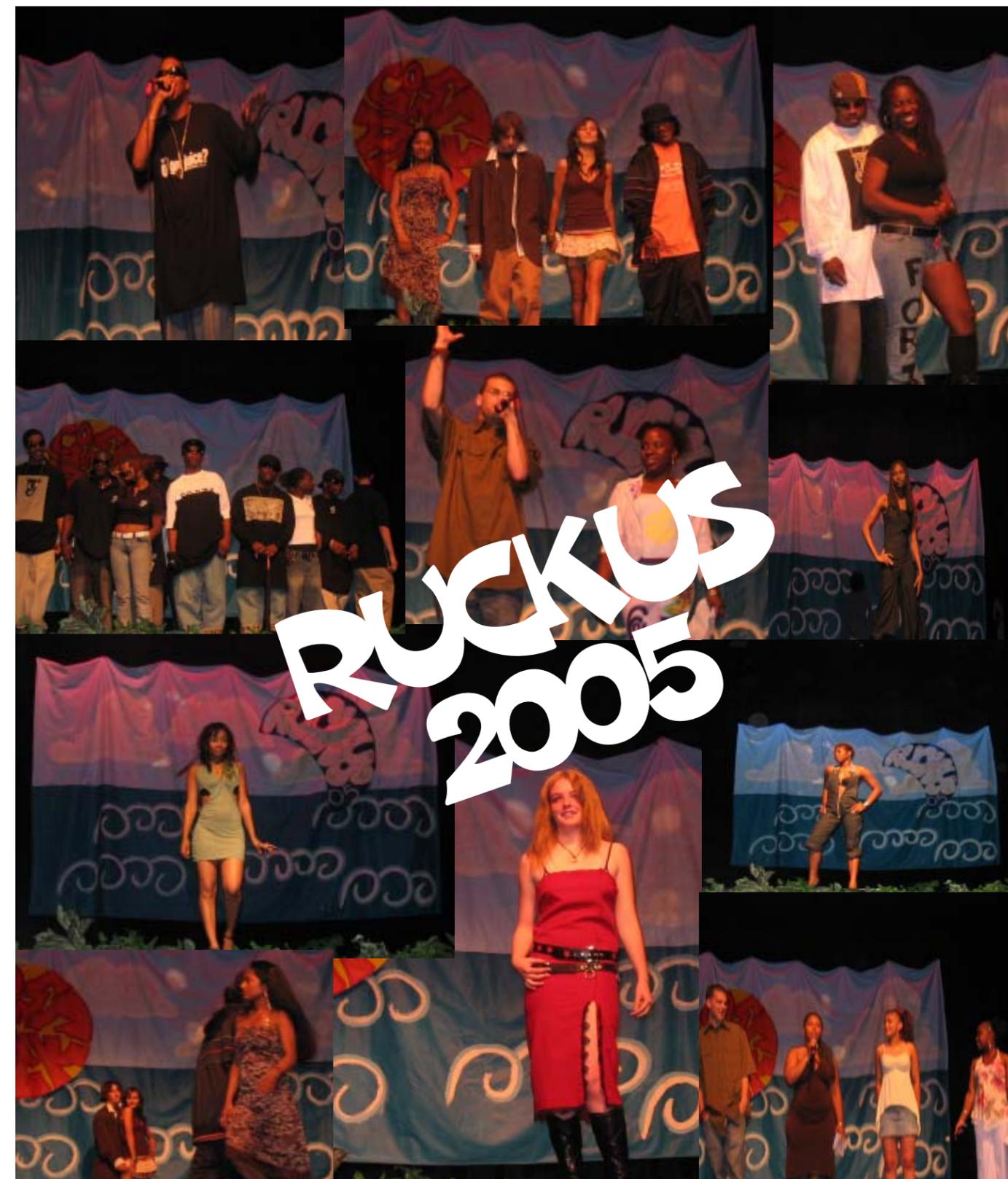
Photography is such a relaxing hobby; it is fascinating how beautiful things can appear. Flowers, people, trains, railroads, lakes, birds and even a snowy day seem magical once the pictures were developed. I do not know if it was because it was in black and white but they were truly amazing. My group was composed of four people - myself included - and a teacher, the pictures the other people took were just wonderful. LAMP held a photography exhibition on December 10, 2004 displaying all our photographs in which people showed interest, they just were surprised to know that professionals did not do them.

Overall I just want to say that if you have the slightest interest or just want to know what this is all about, contact LAMP.

I remember as if it was yesterday that I saw an ad about photography classes at LAMP, and I thought, "I want to try this, but I have no time, and of what am I going to take pictures?" Then I asked myself, "Why am I being my own obstacle?" I convinced myself that I should try, and see what happened, and so I did.

I went to the first meeting and fell in love with it. I couldn't stop taking pictures of people I like, places I love, and curious things that came my way. I have to confess that many times I screwed up a role of pictures and got very

By Monica Correa Builes
The Redmond Extra
Volume 21 Issue 2, 2005



Ruckus 2005 July 2, 2005 at The Assembly Hall

4 groups of youth designers, rappers, dancers, models, poets and MCs took the stage to showcase the very best urban talent in the GTA. Special Guest Appearances from Drex Inkredible and Juice aka Rochester. 200 people came out to show their support.

Special thanks to all, including the Assembly Hall staff for their efforts.

Concrete Batching Plant: A Solution

In response to community concerns, Toronto Redi-Mix and Draglam Salt (the owners of 207 New Toronto Street), have agreed to temporarily relocate their concrete batching operations to city-owned properties on 200 Horner Avenue.

The City of Toronto Department of Works and Emergency Services will use 207 New Toronto Street for overflow snow disposal site. As soon as a temporary land agreement is concluded, City staff will begin work to make the land exchange permanent.

Working together, the New Toronto Community has influenced and changed the outcome of events they were told could not be stopped. They stood together to protect our neighbourhoods, our future and the environment. Thank you to the New Toronto Good Neighbours members and to everyone that contributed to the outcome. For more information, please visit the New Toronto Good Neighbours website at www.newtoronto.ca.



Have you ever wondered what it's like to be homeless?

I'm sure you have, myself included. Especially now that the colder weather is coming and winter is fast approaching. I had, as well as Dwaine McDonald, the opportunity to find out what its really like. We went down to Queen's Park with a group from LAMP. Helen Armstrong, our group leader, arranged for us to go on National Housing Day Monday November 22nd. We were each given a lunch and drink and off we went. We left at 10 o'clock am. It seemed like a perfect day for a march and rally. The sun was shining and it felt quite mild. At the rally, we listened to a couple of speakers and a singer who sang about the plight of the homeless. We enjoyed our lunch. It seemed more like the first picnic in spring. The sleepover was going to be a great adventure. We didn't anticipate any problems. Our only concern, at that point in time, was if we were going to be arrested or not. About eight people were fined and walked off the property.

However, they were told that they were not allowed back or they would be arrested. Their crime was they erected four tents and after they were warned by the police to take them down. They resisted and stayed inside the tents. Soon after the police came back taking the tents away and escorted the tent people off the grounds of Queen's Park. It was soon time for OUR group to go their separate ways. Dwaine and I were wished a goodnight. After they informed us that dinner would arrive about 6:00 or 6:30. The Disaster Relief Committee would hand out sleeping bags later on to those who didn't have any. As we wandered around, we talked to the people who were remaining and listened to the stories some of the homeless shared with us. Time dragged on. As the sun was setting, the temperature became chilly. There was nothing to do while waiting for supper. No TV to watch or music to listen to, to fill in the time. We just sat around watching everyone. The homeless people talked and laughed entertaining each other. Finally supper arrived. After a delicious meal, the sleeping bags arrived. It was getting really cold and the nicest bathroom was three blocks away. With only streetlights and flashlights to guide us. After spending a good part of the day outside, we were really tired and decided to go to sleep. But sleep didn't come. The ground was so hard and we could feel and hear the vibrations of the subway below. The traffic noise was constant. This was no longer an adventure. The darkness was disorienting. Dwaine said to me if I could imagine what it must be like for a homeless woman. With no friends or support of any kind. The thought really frightened me. As I looked around I spotted a young woman. She had only a thin poncho to keep her warm. On her feet she wore socks and sandals. She moved around, stopping to talk to anyone who would listen. She laughed at the jokes that were being told. But her eyes had such deep sadness in them. She probably had seen more in her young life than I could ever imagine having to see. About 1:40 a.m., Dwaine and I decided to go home. Home! What a glorious world when I went to bed that night, I pulled the blankets around me. I felt so warm, safe and secure. Before I drifted off to sleep, I could still see the homeless people we left behind who didn't have a choice. Once again, I saw the image of the young woman in the sandals. What was she doing? Probably still laughing at the jokes. She probably didn't think we were all that funny. But at least she wasn't alone and maybe just for a while, she belonged.

By Jeanne Robinson

More Than A Mat: Real Housing and Tenant News

Residents need to act now to ensure a new federal-provincial housing program benefits the Lakeshore.

The new program, announced on April 29, promises that about 10,000 new rental units will be built in Ontario. One challenge is that the Federal Liberals may be engaging in pre-election public relations with this announcement, without pressure, the funding may never appear.

All Lakeshore residents, clergy and business people who want new affordable housing are urged to call Member of Parliament Jean Augustine and Member of Provincial Parliament Laurel Broten. Both politicians need to hear that the Lakeshore needs a number of these new units and that the new program must deliver them.

We also agree with Federal Housing Minister Joe Fontana that the new funding is only "a start". The Lakeshore and the rest of Canada need a fully funded program. With the "One Percent Solution" we would see one percent of the federal budget go to new housing. We know that affordable housing helps improve the lives of people on low incomes. But what many people don't know is that affordable housing is good for business.

The Toronto Board of Trade's 2003 report **Affordable, Available, Achievable: Practical Solutions to Affordable Housing Challenges** states that companies choose to locate where there is a good supply of affordable housing.

Businesses recognize that good affordable housing helps them attract and retain workers. Workers in the city's essential services (such as firefighters) need affordable housing. "Businesses pay a high cost in terms of lost productivity, absenteeism and illness when employees are forced to commute long distances to work or are constantly worried about living costs and living accommodations," says the report.

The Board of Trade calls our city's housing supply "inadequate". We need a range of Lakeshore businesses to take on the housing cause. The benefits work both ways.

By Helen Armstrong, Project Coordinator for More Than A Mat

More Than A Mat: Real Housing is a project of LAMP CHC. We encourage resident action for more affordable housing and improved tenant conditions in the Lakeshore.



Trish Plant has won the Ryerson University Gold Medal for Continuing Education – the most prestigious award given to a graduating student.

Tonya O'Keefe, a high school student doing a co-op placement in Street Level, attended our first Aid and CPR course in April. This summer she practiced her CPR at the prom, rescuing a fellow student who had collapsed. She received a five hundred dollar scholarship from the Rotary Club of Etobicoke for her volunteer work with the South Etobicoke Youth Assembly and her great contribution to Street Level.

The newest recipient of the Top 20 Under 20 Award was given to SEYA's co-founder Chelsea Takalo. This national mentoring program recognized her advocacy work over the past few years around youth issues in the South Etobicoke. These issues include the lack of older youth recreational programs, racial profiling and affordable housing. Now a third year York University Social Work student, her grassroots efforts will continue through her community development work.



Staff Changes at LAMP!

A fond farewell to Laura Latham.

After 18 years of service to LAMP, Laura Latham has moved on to new and greater opportunities. Laura is still close by in her new role as Director of the Franklin Homer Community Centre. We look forward to a close partnership with Franklin Horner!

New faces

Other LAMP staff have also moved on to new opportunities, which means many new staff have joined LAMP this past year!

Please welcome:

Bernadette Singerland – Diabetes Secretary
Brenda Johnson – Social Worker
Charis Romilly – Coordinator, Equally Healthy Kids
Cristina Kolodij – Evening Medical Reception
Eve Clancy-Brown – Registered Practical Nurse
Ivonne López – Administrative Program Secretary
Lori Forrest – Child Development Specialist.
Mabel Aghonghae – Parent Relief Worker
Marnie Sit – Speech and Language Pathologist
Melissa Pafford – Secretary for Health Care Programs
Odilia Hominuk – Diabetes Nurse Educator
Dr. Rajiv Kumra – Family Physician
Vanessa López – Administrative Program Secretary
Vanessa Rankin – Early Years Program Worker
Vicky Garbutt – Communication Disorders Assistant



Join LAMP Community Health Centre Today and Make A Difference!



Why is it important to be a member of LAMP Community Health Centre?

LAMP values and appreciates the skills, knowledge and commitment community-minded citizens contribute to our society. By becoming a member of LAMP, you help us to build a healthy, strong community. You also recognize our efforts to encourage the people who live in the Lakeshore to get involved.

Members believe in the work we do at LAMP and are committed to our multi-faceted approach to health and well-being. Some of the services we offer address hunger, poverty, unemployment, literacy, loneliness, family and parenting pressures, stress, housing problems and health concerns linked with aging.

'Building a Healthy Community' is the philosophy behind LAMP's work in the Lakeshore. It is the driving force that inspires citizens to share their knowledge, talents, skills and abilities, time and energy to develop a common vision and act on it. This community participation forms the bedrock of a strong, healthy, community. It provides a focal point where local citizens can affect positive change and increase control over their personal health and the well-being of others.

Our purpose:

To make the Lakeshore a Healthy Community by contributing to the physical emotional and social well-being of the people living here, and by helping the Lakeshore community to realize its opportunities and deal with its problems.

LAMP Community Health Centre membership benefits:

- Members can vote on changes to our by-laws, elect new board members and support the people who are building a healthy community in the Lakeshore.
- Members will receive a copy of our annual report and receive our newsletters.
- Members can influence positive change in our community through their ideas and vision.



- LAMP Community Health Centre and **Toronto Public Health** collaborated in a fabulous workshop series last spring at **Lakeshore Collegiate Institute**. With the help of Sheila Hardie from the Guidance Department, eleven grade ten classes were active participants in "Our Health, Our Community." The health program was interactive and prompted lively discussions on health issues and information the teens didn't know, to help them make more informed choices about diet, relationships, sexual health, alcohol and drugs and body image. Our Primary Health Care team, all of our physicians and nurse practitioners, some Street Level Aids Prevention workers, our health promoter/community relations officer, and Gabriella Pittock from Toronto Public Health developed an amazing program. The students also learned about resources in the community that they can access when needed. A great health promotion initiative!

- Also in May, we were active in the 'Living Green in Long Branch' community health fair at **St. Agnes Anglican Church**. The event was very spirited and informative.

- We were involved in workshops at **Father John Redmond Catholic Secondary School's Leadership Conference** in May. Participants from grades six and seven visited the school to learn about "From Me To We". A host of organizations including LAMP CHC shared their passion for community work.

- LAMP CHC was on display at this year's **Brass in the Grass Festival** sponsored by **Lakeshore Arts**. LAMP Staff and volunteers handed out bottles of water, sunscreen, and family packages while sharing information on our health programs and services to our neighbours.

- We also participated in **Central Etobicoke High School's Career Fair** in May. Students learned about careers in social services, health care services, health promotion and community development. They also learned about how volunteering is great for career exploration or gaining references and experience to get into college and university programs.

- **Party in the Park** in August was another wonderful event to connect with the **Mimico Community**. Celebrating community safety and meeting neighbours in a fun setting is just the formula to keep a community proud and strong. Our **Early Years** team and **Health Promotion** department handed out health information and resource pamphlets to families and local residents.

- And in August, LAMP was handing out information at the two-day **Mardi Gras** event. **SEYA** volunteers painted cat, tiger, and butterfly faces, just to name a few, in the spirit of the festival.



STREET LEVEL IN ACTION



LAMP Community Health Centre celebrates diversity and the vibrant ethnic cultures now enriching our neighbourhoods ...



... serving the Etobicoke-Lakeshore for almost 30 years.