



LAMP

Fall Edition 2008

YOUR COMMUNITY
HEALTH CENTRE

Message From the Executive Director

Last month, three young men in their twenties, two of whom were residents of our community and the other from the East Mall/Rathburn area, were savagely gunned down on an off-ramp of the Gardiner Expressway. So young, such a waste of life.

Rather than mourn the deaths, the media tried to connect the deceased to the so called "10th Street Gang". The only problem is that there is no such thing as the "10th Street Gang". This non-existent organization is a media creation.

In a city like Toronto, which has had a spate of gang related crime; one must ask why the media see gangs in places where none exist. While their purpose is unclear, the results are not. By calling these murders "gang related" they are diminishing the loss of these three young men. Their loss is far less shocking if we label them as "gang members" as the general attitude becomes something along the lines of "they had it coming."

The truth is, however, quite different. No one deserves what these three young men got. And aside from the fact that they were not gang members, the three deceased are somebody's children; two were somebody's father; they are someone's friend; and they were members of our community. No family should have to experience burying their children and no family should have to try to defend their son's reputation against erroneous accusations during this time.

Every time something like this happens, there is an immediate call to get tough on crime and only a week later the Government of Canada was

talking about mandatory minimum sentences. There was very little debate about this initiative. I suppose no one wants to be in opposition for fear they will be perceived as being "soft" on crime. There is always a very strong visceral appeal to the idea of getting tough on crime. Have we not created the current situation by coddling criminals?

Well the short answer to that question is an emphatic "No". The reality, as recently described in a series in the Toronto Star is the so called "getting tough" measures, actually serve to increase the crime rate and are an acute drain on public expenditures. Sending more to prison for longer periods of time simply relegates a person to becoming a member of the prison class and upon graduation from detention their chances of reoffending are extremely high.

The Toronto Star articles also tabbed our community as being the biggest drain on our tax dollar with over half million dollars spent to incarcerate the 15 inmates from the Lakeshore.

So what then is the answer to addressing crime? What are the causes of criminal behavior? The research indicates that 65% of offenders have less than grade eight education and have unstable job histories. Communities like ours with high incarceration costs, are those associated with poverty, high unemployment, lower education levels, and a higher number of single parent families. Will tougher prison sentences address any of these root causes?

If public policy is to be made on opinion rather than fact, why don't we just stop doing research? If we are going to rely on our gut feelings and if

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East Mississauga Community Health Centre Grand Opening

Seven years of intensive planning became a reality when LAMP launched the East Mississauga Community Health Centre (EMCHC) at the permanent site at 2555 Dixie Road, on the corner of Dundas St. The first-ever Community Health Centre (CHC) in the region of Peel will provide much-needed, primary care, health promotion and community capacity-building programs and services.

On July 14th, our Primary Health care team Dr. Aida Hasic, and Dr. Muna Chowdhury, and Roseanne Hickey, Nurse Practitioner welcomed their first patients. This day was a long time coming and we are excited that we are finally able to open this vital service for our community. Previous to our opening in the permanent site, our Health Promoter Nicole Ghanie-Opondo had been working in the community for almost three years, developing partnerships and supporting health promotion initiatives in East Mississauga. Our Foot Clinic had been offering services in two sites in Mississauga, and has now moved in to our new location.

Four program priorities have been identified for the centre's catchment area:

1. Health & Poverty (including food security)
2. Racism & Health (providing advocacy for disease prevention and barriers in health care)
3. Queer Health (advocacy for improved health services and resources for Queer and Trans communities)
4. Seniors' Health (emphasizing chiropody services)

On **Tuesday, September 9, 2008**, a successful 'Grand Opening Celebration' was held for local community members, service providers and provincial/municipal political dignitaries. Representatives from the Ministry of Health and Long-Term Care, together with



Mississauga Mayor Hazel McCallion and MPP Peter Fonseca officially opened the CHC.

The communities our East Mississauga CHC serve are as follows:

- Anyone living in our client service area, East Mississauga, with an OHIP card: South of Matheson Blvd, East of Hurontario, West of the Etobicoke Creek and North of Lake Ontario.
- For those who are without an OHIP card, our client service area includes all of the City of Mississauga.
- Please note that in both cases, not everyone is eligible for our services. Please call the centre to determine eligibility.

If you would like to receive a presentation on our services at your organization, please contact Nicole Ghanie-Opondo, Health Promoter and Community Relations at nicoleg@lampchc.org to book a time.

For more information, please visit www.eastmississaugachc.org or call 905-602-4082.

MESSAGE FROM THE EXECUTIVE DIRECTOR CONT'D.

our motivation is to punish criminals rather than create a safer society, then let's stop wasting money on research we do not heed anyway. If incarceration were the answer to solving crime, then the country that warehouses the most criminals, the United States, would be the safest country in the world.

The simple truth is that if we want a better society we need to make positive investments in people and not negative ones. We need to eliminate poverty or at the very least we need to mitigate its affects. We need to invest in children at an early age and during their youth; provide schools with the tools they need to fully support their students and we need accessible community resources including a real recreation centre.

The families of Adrian, Aaron and Kurt are grieving the loss of their loved ones. Their grief should, however, be shared by all of us. Collectively we let them down.

- Russ Ford, Executive Director

Crime and Punishment

A Look at Part of the Recent Toronto Star Investigative Reporting Series

**Keynote Speaker
Award-Winning Toronto Star
Journalist Jim Rankin**

**Join Us at LAMP's 32nd
Annual General Meeting**

**Making Change: Building a
Healthy Community**

**At The Assembly Hall:
Doors Open 6:30 pm
Meeting at 7 pm**

Join us for an extraordinary evening Thursday October 2 with award winning Toronto Star Journalist Jim Rankin. His recent investigative reporting series "Crime and Punishment" with fellow journalists reveals some startling information on the "M8V" postal code area. As well, the series uncovers statistics that prove investing

large amounts of money into more and bigger prisons does not lower crime. A new law has been passed in Canada increasing mandatory minimum sentencing. The Toronto Star series examines the tougher approach to crime taken in the United States and its impact on American Prisons and communities. The investigative report uncovered new data that proves that U.S. mandatory minimums have failed to reduce crime. In fact the research shows skyrocketing taxpayers costs to build more and bigger prisons, has prompted some American states to change their policy and strategy, investing instead into sectors that address the root causes of crime, poverty. This crime prevention approach, investing more into education, recreation, social supports, health care, employment and other life skills devel-

opment improves community safety. This better method of curbing crime is proving to be much more effective in terms of social and economic costs to society and benefits future generations to come. Join us to become better informed to make better decisions that impact the safety of our community.

Jim Rankin has been a full time reporter and Photographer at the Toronto Star since 1994. He was part of the Toronto Star team involved in the Michener Award Winning CAR (Computer Assisted reporting) investigative series into race, policing and crime in Toronto. He represented the Toronto Star at the presentation ceremony at Rideau Hall. Before joining the Star, Rankin worked for the New Brunswick Telegraph Journal and was awarded an Atlantic Journalism award for feature writing.

LAMP Nurse Practitioner Wendy Goodine Receives Lifetime Achievement Award

Our own primary care nurse practitioner Wendy Goodine has been recognized for her outstanding contributions integrating the Nurse Practitioner role into Ontario's Health Care System.

Recently Wendy was presented with an Honorary Life Membership Award "in recognition of outstanding leadership, advocacy and commitment to advancing the integration of the Nurse Practitioner role in all settings and health sectors in Ontario." The Award is a prestigious honour from the Nurse Practitioners Association of Ontario.

Wendy is not only a healthcare champion but is somewhat of a pioneer in the Nurse Practitioner profession. She was on the NP executive for 18 years serving in many board positions including President of the Association. She is

being recognized for her extraordinary dedication and commitment to achieving the professional recognition of the nurse practitioner role. Wendy's work with the Ministry of Health facilitated the legislative changes that support the clinical role of nurse practitioners.

Wendy has taught in the Nurse Practitioner Program at McMaster University and continues to support NP placement students at LAMP with professional training. As well, Wendy continues to be active with the NPAO.

We are so proud of Wendy's distinguished award. Congratulations Wendy on your personal achievements and outstanding contributions to the healthcare field! You are a true inspiration!



Looking Back Photos In Our Community



SEYA's street choir and SEYA members were invited by July Black to her hometown concert at Danforth Music Hall in May. Everyone had a great time! Looking forward to seeing July again in the new year.



More than 140 golfers took to the links at the Etobicoke Chamber of Commerce's 20th Annual Charity Golf tournament at The Country Club in Woodbridge. Five thousand dollars was raised to help support LAMP's youth programming in the Lakeshore.



Dads Count At One-Day Conference

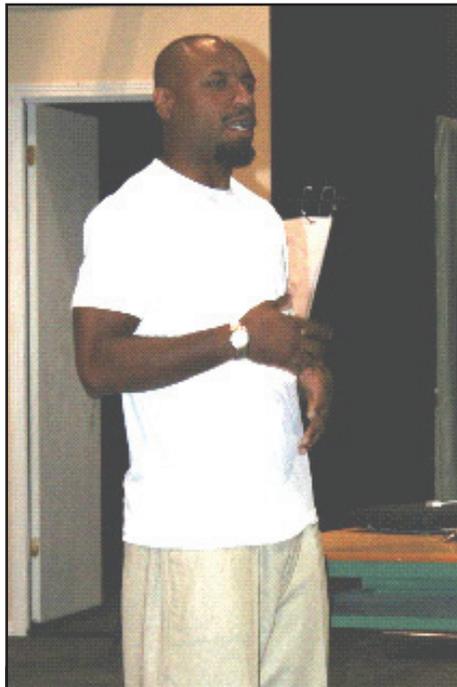
We men tend to like our tools. We like using our tools, some of us like playing with our tools, and some even collect tools that we will never use. There is something special about having a new drill press or table saw, but even the smell of a new hammer or tape measure or screwdriver can cause us to stop and ponder the many uses for this new instrument of construction (or destruction, in the hands of some).

Rarely, however, do we take the time to stop and consider some tools that make a bigger difference than a hammer or a tape measure or a table saw. These are the tools a man needs to be a good father – things like clear communication, patience, showing commitment, providing what is necessary, interacting responsibly, listening, and a host of other tools that fathers can use as we are “building” strong children.

This was the idea behind the first ever Dads Count Conference hosted by the LAMP Early Years on June 7, 2008. Though we have been offering fathering programs for a number of years now, we have had a dream of providing fathers a unique experience where they are able to get new fathering tools through solid teaching, connection with other dads, and to be inspired in their relationship with their children.

Dads Count 08 was just such an opportunity – a conference for fathers by fathers.

Forty fathers with children of all ages and from around the province gathered at the Ken Cox Community Centre for a day that held a key note speaker, workshops, networking, a great lunch, and many giveaways. A highlight of the day was a presentation by Chuck Winters of the Toronto Argonauts. He encouraged and challenged the dads to provide three key things for their children: love, structure, and affection. Many fathers appreciated his openness and candor as he shared stories from his childhood and as a dad of four kids himself.



Chuck Winters of the Toronto Argos spoke about our children's needs for love, structure, and affection.

Fathers also had the opportunity to attend two workshops of their choice. These were offered by fathers who work with other fathers in various settings.

- John Hoffman, who writes for Today's Parent magazine, led a discussion for fathers with teenagers on the staying connected to your teen.
- Tim Paquette, of the Father Involvement Initiative – Ontario Network, offered a workshop for new dads discussing the role of the father today.
- Brad Young, a Guidance Counsellor in a junior high school, engaged fathers in a discussion about their role in their children's academic life.
- Vijay Shah, advisor to single dads, offered a discussion outlining the unique issues single fathers face and how to keep focused on their

relationship with their children (a tricky path, at times).

- Brian Russell, parent educator at LAMP and coordinator of its fathering programs, shared some thoughts on effective discipline strategies and attitudes fathers can use as tools for raising their children.

The feedback from the fathers was excellent and helpful. All the workshops offered provocative discussion, concise information, and encouragement for men on their journeys as fathers. And it didn't stop there.

Many local businesses and people offered support to this day. For example, Mario's NoFrills provided fruit, vegetables, and chips; Dino's Wood-burning Pizza gave 10 extra large pizzas at cost; prizes and giveaways were donated by Spalding, Huffy Sports, Bell Equipment, and others. Every father left with something in their hands.

But the key to the whole event was that fathers left with some new tools to use as they strive to deepen their relationships with their children. Not an easy task in this day and age of cell phones, email, extra-curricular programs, and other demands many families live with. Yet these fathers who attended have created a splash that begins the ripple effect to other dads as the message of the value and necessity of a father in the lives of his children moves from being a one-day conference to a life-long way of living.

Dads Count '09 is already being mapped out.

For more information about the fathering programs at LAMP please contact Brian Russell (brianr@lampchc.org).

Focus On Youth Summer 2008 Soccer Program



LAMP's Focus on Youth summer 2008 soccer program was offered at LCI thanks to the TDSB and the United Way of Greater Toronto.

More than fourteen local youth took part in the program. Eleven teens also came out to play soccer. The youth learned soccer skills, drills and scrimmages. Three local teens volunteered in the program and three other local teens with exceptional soccer training and skills were hired to run the program. A great time was had by all!



Breakfast of Champions Dwight Drummond



City TV's Dwight Drummond captivated the crowd at LAMP's Fundraising Breakfast of Champions. Dwight grew up in the Jane-Finch Area. His message to invest in children and youth in the community to prevent them from falling into destructive lifestyles received resounding applause. The breakfast raised two thousand dollars for LAMP's breakfast programs in four Lakeshore schools.



Looking Back Photos In Our Community



Local neighbourhood families with young children celebrate the Lakeshore Eto-bicoke Ontario Early Years Centre's 5th birthday party! Friendly reptiles, cake, songs and other activities added excitement to the festivities.



Thanks to Pinball Clemons our youth were able to take in a Toronto Argos Game.



Thanks to the Raptors Foundation our youth were able to take in a game at the Air Canada Centre.

Imprint



In the winter and spring of 2008, the Adult Drop-In and the Adult Learning Program hosted a photo essay project called Imprint. Over ten members of the drop-in set out with a poet facilitator and photography assistant to capture their impressions of the Lakeshore. You can visit the entire display at LAMP, on the main floor ramp near reception.

That's up the alley
across from the food bank.

Three generations of cats live
there.

I feed them, when I can.

It's their shack.

By Marie Brown

What's New at LAMP Early Years Centre

Mini Chefs

Fridays

Sept. 12 - Oct. 17, 2008

9:00 a.m. - 12:00 noon

A six week cooking program for parents/caregivers and children interested in making fun and simple recipes.

- Meal planning tips
- Visit from dietician
- Nutrition guidelines

For more information and to register call Camisha 416.252.6472 ext. 292.

Father Involvement:

Building Our Children's Character

Mondays

Sept. 15 - Oct. 27, 2008

6:00 - 8:00 p.m.

Tools for fathers to use as they raise strong children, including:

- Our presence in the family
- Building self-esteem
- Communication
- Healthy boundaries
- Discipline

For more information and to register call Brian 416.252.8293.

Expecting a New Baby?

Tuesdays

Sept. 30 - Nov. 18, 2008

6:00 - 8:00 pm

Come to our free prenatal classes! Learn about pregnancy, giving birth and preparing for the new baby.

Participants receive:

- \$10 gift certificate
- TTC tickets (if needed)

If interested. please call 416.231.7070 for more information.

Ontario Early Years Centres
A Place For Parents And Their Children.



Centres de la petite enfance
Un endroit pour les parents et leurs enfants.

Bullying, Aggressors and their Victims A Community Forum

Developing a Strong Community Response

There is a growing trend of bullying and violence in our community. In order to reverse this trend, LAMP Community Health Centre is hosting a forum on bullying on Monday, October 27th in the Bette Kirk Community Room.

The keynote speaker is Dr. Tracy Vaillancourt the Associate Chair in the department of Psychology, Neuroscience

and Behaviour at McMaster University. Her research examines the links between aggression and its impact on human behaviour, peer relations and mental health. Her expertise is in bully-victim relations and the long term damage that people suffer as a result of bullying.

The forum will include a session for service providers and professionals,

a session for parents and caregivers, some workshops, and advice.

The public forum will begin at 6 pm following the earlier session for service professionals. For more information please call Pat Evans at 416-252-6471 ext. 244.

LAMP Joins the Fun at the Metro Toronto Police Service 22 Division's Open House



LAMP staff and SEYA volunteers were very popular at Metro Toronto Police Service 22 Division's recent open house.

LAMP offered cookie decorating and face painting to the community to enhance the festivities. SEYA volunteers even managed to squeeze in some fun time of their own.



SEYA Releases a Snapshot of Recreational Needs in the Lakeshore

The report "**The Lakeshore Village Housing Co-ops: Fifteen Years Later an analysis of the recreational needs of the residents of the Lakeshore Village Co-ops**" will be released October 22, 2008 at LAMP Community Health Centre at 7 pm in the Bette Kirk Community Room.

The findings are the result of a needs assessment overseen by the Evidence Evaluation and Consulting firm. Last winter SEYA (the South Etobicoke Youth Assembly) administered a survey to 190 families living in the housing co-

ops representing 426 children. It portrays a very bleak picture of "nothing to do" for many of these young people. Other gaps and barriers identified include a lack of programs, inconvenient programming times, the need for more sports programming especially soccer and basketball, high program costs, and the need for a community recreation centre that meets the multiple needs of the community including tournaments and other life skill development/so-

cial/cultural programming.

Other needs identified were for older youth programming. "So in the case where you are 18 and up, you have to hang at the ball court and wait for these kids to finish the cooking club and then they come all together and all the neighbourhood has seen us run in packs like that, but there is really nothing to do." Other participant comments related to youth getting into trouble. "And boredom leads to trouble. When we are bored with nothing to do that could lead to trouble."

Additional findings pointed to a serious gap in programming for children under ten who need something to do. The actions recommended include "creating a plan for a new building that will meet the multiple needs of the community."



LAMP CHC 9th Annual Awards of Merit

LAMP Community Health Centre honoured 14 individuals, two community organizations and two businesses at its Ninth Annual Awards of Merit barbecue. The ceremony also paid tribute to Bette Kirk, an inspiring role model and a long time distinguished LAMP volunteer who passed away this past year. In her memory, the Bette Kirk Award is being created to acknowledge people who continue to dedicate themselves to helping others through volunteering, beyond the call of duty, even after receiving awards and commendations.

A special tribute was also made to Alex Faulkner, the former Etobicoke Lakeshore councillor, and Faulkner's Appliance Centre, a third generation

Lakeshore family business in operation for over 60 years. This year's distinguished collection of volunteers, groups and businesses who go well beyond the call of duty gathered on the lawn for LAMP's traditional summer barbecue.

The entertainment this year included The Etobicoke Jazz Band, Jerry Jerome and the Cardells Steel Band, and Irish dancers from the Celtic Dance Centre. A wonderful time was had by all.

Here is a list of this year's honour roll:

- Nicole Richer
- Amber Morley
- San Sanfilippo
- Lou Boulet

- Storefront Humber Woods Manor Team
- Alex Faulkner and Faulkner's Appliance Centre
- Shelly Porritt
- Gary McMayo
- Steve Moffat
- Irene Bryant
- Alderwood Softball Association
- Margaret Nealon
- Christian Bortey
- Darlene Quetalig
- Hugh Baker
- Eva Sedoo (Caribbean Queen Restaurant)

Remix Update

As Remix's third semester has come to and end, we are very proud to announce some amazing outcomes from our participants:

- 3 participants landed an internship with the Governor General's office
- 1 participant landed an internship with Chris Smith Management
- 3 participants were hired by Remix to be youth leaders for the next round
- 1 participant received a one-year full scholarship to Humber College
- 3 participants received co-op credits for their time at Remix
- 14 participants are returning to school
- 27 participants graduated
- 1 participant is not going to jail because of Remix directly
- 1 participant will be doing a paid internship with Remix next semester

In the month of June, Remix was invited to a **United Nations Conference in Durban, South Africa**, around Youth engagement through Urban Arts and Culture. Two staff, Gavin Sheppard, Amanda Parris, and two participants, Kyauna and Sinotra attended. Kyauna and Sinotra performed, as well as, spoke on a panel. Gavin and Amanda also spoke on the panel around best practices to improve the lives of marginalized youth through the arts. Little did we know that REMIX was going to be awarded a very special distinction, **one of the top three youth engagement arts and culture programs in the world** by UN Habitat!

As our fourth semester is about to begin, we are overwhelmed by a record number of applications and interviews for our program. Remix received over

150 applications for only 30 possible slots. This makes for a great group of young people for Remix 4.0! We would like to give a personal thanks to our new Outreach and Community Development Coordinator, Amanda Parris for doing a phenomenal job of outreach.

Please feel free to check us out at www.theremixproject.ca and stay updated with our programs progress and new and exciting initiatives. Peace, love and happiness from the Remix crew, a.k.a. **"The Make It Happen Gang"**. **Get Money, Make Change, 1 Love T.O.**

- Derek Jancar, Remix Resource Coordinator



Remix is a cultural incubator for young people who do not fit into the mainstream education system.



South Etobicoke Youth Assembly Advocacy 2007 - Present

Over the past year SEYA has accomplished amazing things in the fight for a proper recreation center. Here are some of our accomplishments in 2007 alone;

- Advocacy and input into the proposed ice skating trail in Colonel Sam Smith Park - April 19, 2007 (Re-direct the funds to a new recreation centre for Etobicoke Lakeshore)
- Input and participation in the special Meeting and Tour of the Lakeshore Lions Memorial Arena - May 29 2007 (what it could be used for in the future)
- Participation and advocacy around local youth needs Ken Cox Community Information Meeting - June 25, 2007 (Assembly Hall)
- Deputation to the Community Development and Recreation Committee on the need for a proper consultation for a recreation centre as per the development agreement 1991 to serve the Daniels develop-

ment and the surrounding community - October 9, 2007

- Advocacy around local recreational programming needs meeting with Toronto Parks and Recreation - October 12, 2007 at the Powerhouse
- Participation and advocacy around local youth and family needs, specifically the need for a proper-sized gym in any new recreation centre (one the same size as the current Redmond gym, not half the size as is being proposed by the city.) - December 12, 2007, Father John Redmond Catholic High School

One of our major accomplishments took place in January 2008 when we hosted 'Ruckus Rally for Recreation' at the Assembly Hall. Over 200 hundred members of the community came out in support of our cause. Since the rally, SEYA has taken part in discussions with the mayor, appeared at city hall for further deputations, and been at the table for meetings with the TDSB and Toronto Parks and Recreation. That same month we began to admin-

ister a needs-assessment survey in the Lakeshore Village Housing Co-ops. The survey has since been completed and captures the needs of 190 families representing 426 children in a four block radius.

Our group is growing and getting stronger month by month. In the city's eyes this issue has lost its momentum with their decision to not only go ahead with the gym at Father Redmond but to add another \$900,000 for more hallways. Fortunately for us, we have the momentum of community support and the strength of an amazing group of young people - this fight is far from over. We are dedicated to do anything in our power to ensure that this community gets the facilities, programs, and services it needs and deserves.

Please join us in demonstrating leadership by staying true to our convictions and values ... standing up for what we believe in.

- **Amber Morley, SEYA Director**

Streetbana!

This year's celebratory festival of the Caribbean was a fun and boisterous event. The moving and fluid nature of the Caribbean culture shined through as DJ Delon brought the event to life, jazzing up the crowd with his music, reflective of the exciting and energetic Island tastes.

As usual, Agnes - the wonderful mother of several Street Level participants - did a superb job with her savory Caribbean dishes. Steaming plates heaped with delicious jerk and curried chicken, rice with beans, and different salads were sold at amazing prices while tables containing various cultural arts and crafts (made by community members) were set up close by.

In the afternoon the players warmed up their game for the basketball tournament. Prizes and trophies went



to the first and second place winners. Shirts made by local community members were given out at the awards presentation. Dwane Abbott, Street Level Youth Leader, hosted this tournament as well as a trivia session where prizes were awarded to youth who showed knowledge of their community. A great time was had by all!

- **Shantelle Butas, Street Level Summer Student**



Student Artists of the Lakeshore Area Yummy Pizza Community Mural



The Student Artists of the Lakeshore Area (SALA) recently unveiled their new community mural at Yummy Pizza, 196 Royal York, as a gift to the Mimico Community. SALA is a LAMP student employment project funded by the City of Toronto's Graffiti Transformation Program. Over the winter the SALA team, including six staff and four volunteers, completed two murals with the intention of transforming public spaces into vibrant outdoor galleries.



South Etobicoke Youth Assembly Presents Ruckus 2K8



Starting a revolution
this is our evolution.



Looking Back Photos In Our Community



Congratulations to Judy Wallace, Elizabeth Slone, and Jim Milton, three of our ASK! volunteers, who each received the 2008 Ontario Volunteer Service Award. Jim Milton is not pictured as he was not able to attend the ceremony.



We are so proud to announce that once again a LAMP youth has won the David Barker Maltby Award: our own Christian Bortey, in competition with a number of other excellent youth from Toronto's top youth-serving programs.



Gallery 44 created the David Barker Maltby Award to honour the memory of longtime Gallery 44 member, teacher, and photographer, David Barker Maltby. In keeping with David's commitment to education, community activism and documentary photography, two awards were given this year to promising young artists from the OUTREACH program.

More than a dozen SEYA volunteers helped out on Canada Day at the Rotary Club of Etobicoke's Annual Ribfest at Centennial Park. Their cookie decorating and face painting table drew more than 300 children and even some adults. The LAMP table also offered free samples of sunscreen, LAMP's environmental fact sheets and other information for families to ensure a healthy and safe summer.



Get to the Point! End Poverty!



Ending poverty is a commitment that needs to go beyond the Lakeshore border. In June, LAMP partnered with Etobicoke Make Poverty History chapter to create a massive human 0.7% sign to send Ottawa the message that we are committed to ending poverty. The symbol of 0.7% makes a clear statement. Only 0.7% of our national income is needed to end poverty in the world. Lakeshore residents showed their commitment by joining hundreds of others in LAMP's parking lot to make this point. Communities across the country also participated in this type of initiative so we were collectively sending a message that ending poverty both at home and afar must stay on the political agenda.

Photo Credit: Teresa Barbieri

Local Food Market at Lakeshore Village Park

Local markets are a great way to meet neighbours, shop close to home and buy high quality, affordable local and imported produce. LAMP in partnership with Food Share, a Toronto-wide food organization, Women's Habitat and Parks and Recreation have set up a smaller version of a farmers market called a Good Food Market in the heart of the Lakeshore Village Park.

Every Wednesday from 4-7 p.m., residents can step outside their door and buy seasonal, local and fresh produce. The market offers over 20-30 different fresh fruits and vegetables to choose ranging from apples, blueberries, watermelon, broccoli, sweet corn, tomatoes and okra.

"Very convenient, fresh produce and good prices" commented one Good Food Market shopper. Local residents particularly appreciate the proximity of getting their weekly fruits and vegetables. A recent survey showed 70% who use the Good Food Market are eating more fresh produce because of it.

Shopping locally also has many other benefits. Buying local produce means reduced emissions (the distance food travels from farm to plate) and that's good for the environment and good for our health. The market model has so many benefits from increasing public space use, to improved healthy eating and protecting the environment that we hope to "grow" this community devel-

opment idea through-out the year.

LAMP continues to promote initiatives and programs aimed at increasing access. We believe that when people have access to determinants of health such as good education, affordable housing, adequate income and access to good nutrition they are better able to have control over and improved health.

Again, the program runs every Wednesday from 4-7 pm until September 24th. Hope to see you there!

Lakeshore Village Park is north of the Lakeshore between 9th and 12th street at 46 Garnett Janes Rd.



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:

<p>We believe that everyone has the right to live in a healthy community.</p>	<p>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.</p>	<p>We believe that everyone has strengths, and that each person has the right to both contribute to, and to be helped by their community.</p>	<p>We are committed to fighting oppression in our community.</p>
<p>Inclusiveness is a core value at LAMP.</p>	<p>We believe that health is more than the absence of disease. It is influenced by social and economic factors.</p>	<p>We are committed to helping everyone in our community get access to the resources and supports that they need.</p>	<p>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.</p>

We Want You to find out more about volunteering at LAMP CHC. Volunteer Information Sessions are held on the third Thursday of each month from 6:30 - 8:00 p.m. For more information please contact our Volunteer Coordinator at 416.252.6471 ext. 234. Explore how you can get involved!

LAMP has a scent-free policy. Fragrances, perfumes and other synthetic aromas (body lotion, strong-smelling soap, etc.) can create an allergic reaction or other type of severe discomfort. Please do not wear these products when coming to LAMP. Your help in maintaining a safe and comfortable environment for everyone is appreciated.

Donate to LAMP online!

CanadaHelps.org simplifies the donating process, making it easy, quick and secure.

DONATE TODAY!

Receipts for donations over \$10 can be issued for income tax purposes.

Charitable registration number:

11900 2996 RR0001



Ontario's Community Health Centres

LAMP Community Health Centre

185 Fifth Street, Etobicoke ON M8V 2Z5

Tel: 416.252.6471 Fax: 416.252.4474

TTY: 416.252.1322

www.lampchc.org



United Way
Greater Toronto

