



LAMP

Fall Edition 2007

Your Community Health Centre

Message from the Executive Director

One question that we often get asked by funders is, "How do you know what you are doing makes a difference?"

It's a difficult question. We are not a business where success can be defined by the size of our profits. An increase in market share often means many of our programs have waiting lists.

Some things are easy to measure. We know how many people we serve and can determine their degree of satisfaction with our services. We can audit clinical charts to ensure that the best known practices of medical care were used on all our clients.

We also believe that along with some of these clear outcomes, there are other often less definable ones that have great value to the person and to our community.

Recently I attended the first graduation ceremony of the participants in our REMIX project. This is a youth-run urban arts program designed to develop artistic skills, to prepare for a job in the music industry, or to create business plans and support young entrepreneurs.

It would be safe to say that for many of the youth, this was the first time they had ever been part of a graduation ceremony. And while most tried to act "cool" you could sense the excitement. You could sense the pride and self confidence these youth had because of their work in this program. They have a future. They now have a skill they can use to get employment and some received scholarships to post secondary institutions. It may not all be "measurable" but it is just as real and important.

The South Etobicoke Youth Assembly (SEYA) is another example of this type of impact. SEYA has been working for years trying to get youth issues on the political landscape. More specifically they have made recreation or the lack of it in the Lakeshore their number one priority.

As you may know the City of Toronto is planning to build a small gym attached to the Father John

Redmond School. They are using the money they received from the Daniels Corporation.

SEYA, whose members likely have a much greater sense of the recreational needs of this community, don't necessarily agree that the city's plan is the best way to address our needs. They point to the Lakeshore Lions Arena, which will soon be vacant, and wonder if it would not be a better use of our money to explore the option of renovating it rather than building a small gym at Redmond. They are not saying that the arena is the better option, but they believe that the city has an obligation to explore every possible option before spending our resources. SEYA's request is rapidly gaining support from others in the Lakeshore. Asking city staff to consult with its citizens is not a hard sell. Most think that's their job.

Since the amalgamation the city has held many consultations on the subject of civic engagement. They have said they want to hear from citizens, especially youth. They have said they want to be an open and transparent government. Representatives of SEYA have been at all those meetings.

But now that there is a real decision to make as to where to put this facility, the city does not appear to want to listen. It seems like once again it is adults telling youth and the community, "Trust us, we know what's best for you."

Where the facility is built is no longer the only issue. At issue now is whether the city will even listen to the youth who are getting frustrated and cynical about the political process. We may lose an opportunity to create a great recreational facility in the Lakeshore but we may also lose a lot more than that. We may lose the confidence and trust of our youth who have actively participated in community consultations, only to be told that the decision has already been made.

On Thursday, September 20, LAMP will be holding its annual general meeting. This year we will be talking about how recreation can be used to build a strong and healthy community. Many youth will be there. Will you?

Russ Ford, Executive Director



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LAMP CHC 31st Annual General Meeting

Thursday September 20, 2007 - 7:00 pm at the Assembly Hall

Building a stronger, healthy community is LAMP's mandate. Leading the way in child, youth and family development, the acute need for a proper community recreational centre is at the forefront of local issues. We are hoping to inspire our community leaders and neighbours to work collectively to achieve the kind of facilities the Lakeshore deserves. Obesity has become the no. 1 enemy to the health of children, youth, adults and seniors.

Our keynote speaker, **Dr. Jean Cote**, the director of the School of Kinesiology and Health Studies at Queens University, will help us to better understand child and youth development needs around physical activity. His recent research provides keen insight into the participation or lack of participation in physical activity among children and youth. Dr. Cote also reveals that most professional athletes today grew up in small towns. The small town community support nurtures positive youth development. That support along with desirable program settings foster healthy active lifestyles for life, according to Dr. Cote. Other distinguished guest speakers will round out the evening.



So join us for an evening of ideas on issues that matter.

Doors open at 6:30 pm for light refreshments & entertainment. Meet your neighbours. Help to make a difference in your community. **Everyone is welcome.**

Renew or become a member today! LAMP Membership is \$3.

Wellness Corner!

UNHEALTHY RELATIONSHIPS - WHEN DEPENDENCY BECOMES DAMAGING

Codependency occurs when a capable adult relinquishes control of their life and their happiness to another person, believing incorrectly that their passivity is somehow going to give them what they want.

How do you recognize a codependant relationship?

Your emotions aren't your own:

- You feel extremes of hurt, anger and powerlessness or euphoria and excitement - based mostly on another person's action or inaction.

Your life is controlled by someone else:

- You find yourself thinking/saying, "If only they would ... then I would ..."
- Your centre of power is outside of you...you make decisions based on someone else's wants and desires.
- Someone else's opinion carries more weight than your own.
- You become disempowered and immobilized, trying to anticipate what someone else wants or will do before you move

Your best time and energy are spent reacting rather than being proactive:

- You keep thinking that you can change someone else's thoughts, feelings or behaviours.

Your self-esteem starts to diminish:

- You dupe yourself into thinking that if you were prettier, smarter, asked for more, asked for less, the other person would accept and love you.
- Waiting for someone else to change is changing you ... you are less engaged in normal healthy activities of life and your joy juice is sapped dry!

Your life is stuck on an emotional roller coaster:

- You keep hoping or fantasizing about how, one day, your life will be better.
- You are held hostage by your fear of the other person's potential sadness or anger.

If any of this sounds like you...

- Recognize your addiction, talk to a healthy friend or adviser and begin today to take back the control of your life and your well-being.
- Realize that you are powerless over what the other person feels, thinks or does. You didn't cause it and you can't fix it. It is none of your business. You only have the right and the responsibility to take good care of you.
- Soothe the self-doubting parts of you that are fuelling your chasing of dreams in such a self-defeating, nightmare way.
- Replace that hunger for someone else to complete you with maturity, self-respect and a self-awakening that comes through time spent with safe people.
- Hang out with a new crowd. Safe people make wise choices to ensure their well-being and expect you to do the same.
- Fill your agenda with self-affirming and community-serving activities that are all about knowing yourself better through responsible social action.
- Stay away from people who want to control you or need you to control them. That's just creepy, unless they're under five and you're their legal guardian.
- Learn to recognize earlier the signs that you are giving up your power and aren't making choices that are best for you. You are saying yes when you should be saying no.
- Clarify your perceptions when you begin to feel anxious or think the roller coaster of emotions has begun in a new relationship. Challenge the other person in a curious -- not critical -- manner, and move on if the answers aren't ones that respect your right to have a different opinion.

Begin with your safest relationships to practice your blossoming autonomy. If you have become too dependent on needing the positive regard of others or seldom get what you want for fear of disappointing them, then you may need to renegotiate your position. As an adult, where there is no risk of abuse, a stance of mutuality is the goal to seek. You owe it to yourself to have healthy, egalitarian relationships. When the choice is yours -- and it usually is -- settle for nothing less.

Ontario Early Years Centre

- Etobicoke Lakeshore -

Environmental Explorers

Environmental Explorers is a Science group for kids facilitated by Early Years staff. The group, held at Franklin Horner Community Centre, focused on Water, Air, Earth, Bugs/Creatures, and the importance of conserving natural resources and recycling. It was a huge success!



Butterflies

The Early Years children were fascinated during the annual release of our butterflies during a drop-in program.



Generations Turns One Year Old

Generations is an intergenerational gathering for parents/caregivers, babies and seniors who live at a local Nursing Home. We meet every other Thursday morning and visit with one another, sing songs and share stories.



Nobody's Perfect (Parenting Program)

Sharing ideas, tips and experiences.

Things we may talk about:

- your child's feelings
- why kids act the way they do
- what kids can do at different ages
- keeping your kids healthy & safe
- coping with stress

Wednesdays
October 3rd to November 21st
6:00 - 8:00 pm

at LAMP Early Years Centre
Childcare, TTC and Light Supper Available

To register, please call:
Karen 416.252.8293 Ext. 278

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



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





MINDFUL EATING PLAN

West Toronto Diabetes Education Program



A few months ago, the Diabetes Team attended a series of workshops at Mt Sinai Hospital. The focus of the workshops was obesity, its direct relationship to many chronic diseases and some of the emerging solutions, from diets, to education to surgery.

An interesting approach is food psychologist, Brian Wansink's "Mindful Eating Plan". Wansink is a Stanford Ph.D. and the director of the Cornell University Food and Brand Lab. He has spent a lifetime studying the hidden cues that determine how much and why people eat. "Scientists don't know exactly what makes us feel full. It seems to be a combination of how much we chew, taste, swallow, how much we think about the food, and how long we've been eating. Research studies show that it takes up to twenty minutes for our body and brain to signal satiation, so that we realize we are full. "Twenty minutes is enough time to inhale two or three more pieces of pizza and chug a large refill of Pepsi.

The theory behind Wansink's Mindful Eating Plan is that making 100 to 200 calorie changes in our daily food intake can lead to weight loss of up to 10 to 20 pounds over the course of a year. Our body and our mind fight against deprivation diets that cut our daily calorie intake from 2,000 to 1,200

calories a day. But they don't really notice a 100-200 calorie difference because they're not as sensitive within this range – it doesn't ring the starvation alarm in our body's metabolism.



The Mindful Eating Plan focuses on reengineering the hidden persuaders that cause us to eat more than we think we ate or want to eat. The first thing to do is identify your diet danger zones: are you a Meal Stuffer, a Snack Grazer, a Party Binger, a Restaurant Indulger, or a Desktop/Dashboard Diner. Next, use personalized food policies (eliminate just one or two habits that have mindlessly encroached on your lifestyle); then pick three 100-calorie changes in your daily food routine that would be easiest for you to turn into mindlessly positive eating habits. (Most diets fail because they ask us to do too much!) This eating plan works because it's personalized, easy and inexpensive, you don't feel deprived and the weight stays off.

By: Lynne Parker, WTDEP Program Coordinator

Read more in Brian Wansink's book: *Mindless Eating, Why We Eat More Than We Think.*



Congratulations!

Gavin Smith who has been in SEYA's Photography program for the past three years recently was accepted to Ryerson's new media program with the help of our program and a strong reference letter. Out of 2500 applications only 60 students were accepted! Gavin continues to volunteer for LAMP taking pictures at various special events.

Julia Macdowall, a first-year SEYA Photography member, won the David Barker Maltby Award at Gallery 44. This was Julia's first exposure to photography.

Olga Kostyuk, another SEYA Photography student and active member, has won a \$500 scholarship from the Toronto School of Art to study photography in August - thanks to LAMP's connection with Lakeshore Arts.

Antoinette Morgan, one of our SEYA members, has won a CHFT \$5,000 scholarship towards her post secondary education with a strong reference letter detailing her contributions over the past 4 years.

Natalie Hay, another SEYA member, has won a \$500 scholarship from the Rotary Club of Etobicoke. Natalie started with SEYA as a co-op student 4 years ago and found her passion in youth advocacy. She continues to speak out offering solutions to improve the quality of life for youth and their families in the Lakeshore.

Investing in youth in the Lakeshore. It's paying off!!

LAMP CHC's Volunteer Appreciation Bowling Event



Fall is a great time to volunteer: give back to the community, earn mandatory high school community service hours, gain Canadian experience, explore a new career, meet new people, get a co-op placement, learn from people who are experienced, highly qualified professionals, or just to get out of the house. LAMP's volunteers are the backbone of this community health centre. As you can see in the pictures above our volunteers mirror the richness and diversity of the Lakeshore community. Volunteer orientation sessions are held on the third Wednesday of every month at 6:30 p.m. To register call 416-252 6471.

Good Food Market

The term 'food security' describes the availability and accessibility of food to members of the community. There are many members of our community who can be described as food insecure because they cannot afford to buy all the food they need or traveling to where the food is may be difficult or impossible for them. In many communities in Toronto, people need to walk for over half an hour to reach the nearest grocery store where produce can be expensive and not always fresh. It is for this reason that the LAMP Health Promotion team has partnered with Food Share to provide fresh and affordable produce in an area convenient for many people. On July 4th 2007, we opened a Good Food Market in Lakeshore Village Park. With the

help of many community volunteers this market operates every Wednesday from 4pm to 7pm until September 19th. Centrally located to a community where many co-op buildings, senior housing, condos and townhouses overlook the park, Lakeshore Village Park was an ideal location for the Good Food Market in Etobicoke.

The Etobicoke-Lakeshore Good Food Market is a pilot project facilitated by LAMP and is one of many across Toronto that



Food Share supports. Run by a small steering committee of community members, the market is not only a place to buy fruit and veggies but also a place for the community to connect - talking, tasting, learning.

The 2007 Good Food Market closes on September 19th but we hope it's only the first of future summer produce markets in the Lakeshore area. To learn more, please contact Molly Elliott or Sandra Van at LAMP. We hope to see you next spring over some asparagus and strawberries!

By: Karen Smith
MSW Student at LAMP

SCHOOLS



LAMP Environmental Health Info Sheet

Children spend much of their time within school walls. Thus the environment within the classroom, hallways, and cafeterias can have a significant impact on children's health.

How do you know your child is affected by poor indoor air quality in the school?

- They may suffer from symptoms such as headaches, irritation of the nose and eyes.
- If they are asthmatic or have allergies, these conditions worsen.
- The symptoms are worse during the time they are in school, and improve at home.
- Many other children from the same school have similar problems.

What kinds of environmental problems may occur in schools?

Forms of exposure to contaminants at schools are similar to those found at home.

These are:

1. Indoor air contaminants (Biological and chemical)
2. Pesticides
3. Cleaning Products
4. Arts and craft supplies

1. Indoor air contaminants

BIOLOGICAL CONTAMINANTS

Mould

Mould is a fungus which grows in humid and moist conditions. Moisture can be produced by leaks, spills, and condensation. Signs of mould growth include musty smell and discolouration.

What the school can do

- Vacuum regularly to reduce mould spores.
- Keep surfaces dry.
- Reduce excess humidity (hu-

midity should be less than 45%).

- Control moisture – use exhaust fans in the kitchen and bathrooms to vent humid air outside.
- Inspect sink faucets, ceilings, walls and roofs for leakage.
- Spills are cleaned promptly.

Dust

Microscopic insects called dust mites grow in dusty conditions. Classroom chalkboards can produce a significant amount of dust.

What the school can do

- Reduce dust by daily vacuuming, dusting, and mopping.
- Minimise use of carpets, and discard worn ones.
- Provide a barrier floor mat at all entrances to the school.
- Wipe chalkboards and clean brushes regularly.

Animal dander

Dander consists of skin flakes shed by pets. Some children are allergic to pet dander. Children can develop allergies when exposed to dander over a long period of time.

What the school can do

- It should not allow any pets in the classroom.
- Identify children with allergies and protect them from animals.
- If animals are permitted in the school, they should be kept in cages which are cleaned regularly.

CHEMICAL CONTAMINANTS

Combustion gases

Combustion gases are produced any time fossil fuels are burned. These include toxic substances such as carbon monoxide. Carbon monoxide can cause health problems ranging from mild headaches to drowsiness, coma, and death.

What the school can do

- Install a carbon monoxide detector.
- A qualified technician should inspect furnaces and gas ovens annually to ensure proper ventilation.

Volatile organic compounds

Volatile organic compounds (VOC's) are liquid chemicals which evaporate at room temperature. VOC's are found in paints, cleaning products, air fresheners. They can cause headaches, eye and nasal irritation. They may be linked to some cancers.

What the school can do

- Avoid air fresheners which just mask odours.
- Children should avoid areas being painted or renovated.

2. Pesticides

Pesticides are compounds used to kill weeds, insects, rodents, and mould. Pesticides can have some serious health effects including nervous system damage, cancer, hormonal problems, pregnancy complications, and birth problems.

What the school can do

- Prevent pests by sealing off routes of entry as well as by cleaning up food which attracts pests.
- Pesticides should be securely stored away from children.
- Pesticides should be applied only when the school is empty.
- Maintain proper ventilation during and after pesticide application.

3. Cleaning Products

Some cleaning products including disinfectants, detergents, and air fresheners contain hazardous chemicals.

Fumes from cleaning products can escape into the air and be inhaled.

Immediate health effects of hazardous cleaning products may include headaches, nausea, skin and eye irritation, and worsening of asthma.

Long-term effects of cleaners are largely unknown, but may include nervous system damage and cancer.

What the school can do

- Store hazardous cleaning products in sealed containers away from classrooms.
- Schedule cleaning when the school is empty.

- Use the minimum amount of cleaning compounds necessary.
- Ventilate well during and after use.

4. Arts and Crafts Supplies

Some arts and crafts supplies contain solvents whose fumes can be inhaled. Examples include paints, inks, plaster and glues.

Some solvents may be carcinogenic, while others may interfere with brain function.

What the school can do

- Choose art supplies labelled as non-toxic.
- Choose water-based paints.
- Store potentially toxic art supplies in tightly sealed containers.
- Ventilate well during and after use.



For free copies of our LAMP Environmental Health Info Sheets come in to LAMP or call Jasmin at ext. 308.



THE REMIX PROJECT SUMMER/FALL 2007

The Remix Project is crossing borders. From graduating 28 participants in their first semester of programming to building partnerships in Africa and Brazil, to recruiting almost 100 youth for interviews for the second semester, to creating a Caribana float for Remix and Mayor David Miller! The rumours are true; The Remix Project is Toronto's ... naw ... one of the world's most youth-led, youth-run, youth-driven, official, relevant, authentic, 'get money, make change' programs out there!

Participants from the first semester have achieved so much. Two youth have been accepted into Humber College for their media arts program, and have been given full scholarships for the first year on Remix's behalf. Two other youth have been hired by Remix as youth leaders for the second semester. One young person is now on the Remix Management Board and is going to college for social work. Another participant is interning at MTV Canada, while returning to Remix but in a different program stream. A handful of youth received grants from Art Reach and Factor for their businesses or careers. Others are interning at places like Harbourfront or Remix, while some are working at a job connected to their career path. Overall we graduated 28 out of 30 youth in our first semester, and are amazed at their talents and potential.

The second semester of Remix started in June. We went through almost 100 potential participants to choose the 30 talented youth we now have in our program. There are 10 youth in each stream, media arts, creative arts and the art of business. It was amazing to see how much talent and drive the young people of Toronto have, and we are privileged to work with them everyday. Our second group of young people seems very promising, and we are expecting great results.

This July our Project Coordinator, Gavin Sheppard, and Resource Coordinator, Derek Jancar, visited Rio, Brazil. While they were in Rio, Drex and Gavin were networking with other youth

service organizations, building possible partnerships. Remix plans to go back in November, and bring down three youth participants to participate in a Hip Hop festival put on by an organization called CUFA. This will be an amazing experience for the youth that go. Also while in Brazil, Remix sat down with the Governor General of Canada, Michelle Jean, and opened a dialogue that will continue when she comes to visit Remix the next time she is in Toronto.

One of our staff, Tyrone Edwards, helps coordinate a basketball program called Concrete Hoops. This spring, for the third year in a row, he and his team went over to Swaziland, Africa to run a basketball program for the young people over there. Again it was a great success. We hope to send some of our youth over there the next time to participate in the camp and to experience the amazing culture.

And yes, it is true; Remix and the City of Toronto shared a float together at Caribana this summer. It was great. The mayor was on the float with us and he enjoyed it so much he wanted to do a second lap. This worked out amazing for both sides, Remix got the opportunity to build stronger relationships with people at the city, and the city got some street credibility. All in all it was an outstanding success!

What we can fit in this article is limited, but our success is not. We could write a book about The Remix Project, and one day we probably will, but until then: **GET MONEY MAKE CHANGE!**



LAMP Community Health Centre



The Awards of Merit are based on building a healthy community. They focus on include education, caring for others, the arts, building futures, leadership and volunteerism. Children's games, a silent auction and a barbecue. The purpose of this event is to create a healthy place to live and grow. The winners help to enrich the community by serving the community. Their outstanding contributions have a huge impact on improving the community and to encourage others to recognize and congratulate our neighbors. The awards are available at LAMP CHC and local libraries in April 2008 - volunteer month. The 9th

2007 LAMP CHC AWARDS

Brad Jones, Ridley Funeral Home

For more than 20 years Brad Jones has dedicated himself and his business to making a difference in the Lakeshore area. As a director at Ridley Funeral home, Brad has compassionately assisted countless local residents through their grief. He recently partnered with LAMP on developing a bereavement group and has provided educational information to Storefront Humber on what individuals should expect from a funeral home.

Brad's dedication to volunteer service includes 7 years of involvement with the Victim Services Program of Toronto including the past three years as Chair of the Board of Directors. Through his leadership Brad has significantly improved services including the way victims are treated. Victims Services (VSP) works with approximately 3 thousand victims of crime and tragedies each year in the Etobicoke/Lakeshore Community alone. Brad is a volunteer with the Toronto Police Services Traffic Liaison Committee and also still manages to find time to coach his son's soccer team. Brad is described as "kind and generous beyond words, extremely intelligent and always works for the greater good."

Ramona and Harold Fisher

For the past seven years Ramona Fisher has organized a children's Christmas party for the families living in the 8th Street apartments. She has volunteered countless hours and days of her time to plan the event, canvas Lakeshore merchants for toys, hats, mitts, scarves, food and gifts. Sometimes she even manages to get local musicians to volunteer to perform at the event. Any leftover toys or food are then passed on to needy families through LAMP's holiday Toy room or other organizations. Ramona's husband Harold eagerly helps where needed. But the Christmas event isn't the only party she organizes each year for the people who live in the 8th Street Apartments. She also organizes a barbecue for the families, believing that a community that celebrates together is a healthy community.

Patricia Doskoch

Patricia Doskoch is the kind of neighbour people dream of having. Having lived in the Lakeshore for over 65 years she still refers to the Lakeshore as "the highway". Pat at 76 can be found collecting her neighbours' garbage cans and green bins and sets them neatly near their homes. In the winter months she often shovels their walks. One neighbour told us she has to nudge her husband as soon as it's snowing or Pat will be out there and the walk will be done. For the longest time the neighbours couldn't figure out who the good samaritan was. Pat has the keys to several people's homes and has been known to take care of their pets if they need to be taken out after a long day inside. She has even locked the doors when a family left on vacation and forgot.

Pat is an active volunteer at the Assembly Hall as an usher, something she has enjoyed doing for the past 4 years. As well, you can often find Pat stuffing envelopes with flyers for Lakeshore Arts helping them to keep their costs down. Pat used to help out at the Out of the Cold Program at St. Margaret's Church. She did the laundry for two years, and led a breakfast team for four years getting the food ready, the dishes out and cleaning up. Pat is an asset to the community she has long called home. Because of her the Lakeshore is a better place to live.

Timothy Salter

Timothy Salter has been volunteering for Habitat for Humanity Toronto since July 2005. He started as a crew member at their Rotary Drive site, and then at the Lakeshore Village site. Tim came to Habitat for Humanity with very little previous construction experience and within a week of volunteering, had become a crew leader.

Tim is a charismatic leader who exhibits a positive attitude and knows how to motivate his team. He has the ability to keep morale up, even when the task is not glamorous. He loves to laugh and his sense of humour is contagious! Tim provides a great experience for volunteers and staff alike.

Over the past two years Tim has volunteered over 1300 hours of his time to help build homes for families in Toronto who need safe, decent affordable housing.

Deborah Walker

Deborah Walker is a guidance counsellor at Lakeshore High School. It's a call of duty. Deborah is also a champion who is a role model for the health of students and staff. Over a year ago she has worked with teachers, public health, LAMP and other partners. Through her leadership and staff by creating a "healthy community for learning" she has led health promotion workshops in the classrooms of Lakeshore High School, health, a smoking prevention project, peer mentoring, and substance prevention.

Deborah is always willing to take on any initiative. She has been an Empowered Students Program to train students to be leaders in a safe, caring community. Deborah also started up a program to address issues like violence and unhealthy relationships.

Janet McAndrew

Janet McAndrew has made a significant contribution to community arts in the Lakeshore area. As a member and later, president of Lakeshore Arts, she has volunteered on a wide range of projects including many art exhibitions, Brass in the Grass music and arts festival and the Note gala.

As a member of the Assembly Hall advisory committee, she has played a key role on the advisory committee and assisted on a wide range of community and volunteer events.

Janet is the kind of volunteer every organization wants- she is smart, dependable and hard working. If Janet takes on a responsibility, you know the work will be completed. She cares deeply about the role that arts can play in community building and she is a good team player who is supportive of everyone's efforts. Janet McAndrew, a cultural community champion.

Diana-Lyn Melnyk

Diana-Lyn Melnyk is a community activist in the true sense of the word. She has lived in the Lakeshore most of her life and is a third generation from the Longbranch Area. It's a neighbourhood she is deeply passionate about, so she started the Longbranch Residents' Association. She also volunteers on many committees in the community and is an advocate on a number of issues including preserving green space. Diana-Lyn is involved with the CPLC for 22 division (Community Police Liaison Committee), The Lakeshore Planning Council, Friends of Sam Smith. LEGS (Lakeshore Environmental Gardening Society), the Lakeshore Community partnership and other initiatives. And in her spare time she rescues stray cats. To date she has found homes for more than 12 of them. Diana Lyn Melnyk, building a better community for all.



Habitat for Humanity

Habitat for Humanity is a non-profit world-wide, organization dedicated to the belief that decent, affordable housing is a basic human right and need. Habitat's mission is to eradicate poverty through building housing that is simple, decent and affordable in partnership with working, low income families, volunteers and donors of money and materials. Home ownership is the end result.

Closer to home here in the Lakeshore, Habitat for Humanity is almost finished building 10 homes at the Lakeshore Village Site. The land was donated by the Daniels Corporation. One of our new neighbours, Denise, is so thrilled with her new home she had to nominate Habitat for Humanity for this award. She left a one bedroom apartment with three growing children for a new 2 bedroom and den townhouse. With 500 hours of sweat equity she says, "This has been my lifelong dream to have a home for my kids. They fulfilled my dream."

Water

Water for community, to get rich do not create front Tr in our nity life Pumpk neighb activitie

's 8th Annual Awards of Merit



...s on sectors that improve the quality of life for people and possibilities for the future. These
...nteeing. The grassroots community celebration includes multi-cultural performances, food,
...o celebrate the small acts of kindness and generosity of spirit that makes South Etobicoke
...small acts of kindness, sharing their time, talents and efforts to help others, working tirelessly
...mproving the vitality, spirit and health of the Lakeshore. That's why it is so important to celebrate these
...ours for the good work they do. If you would like to nominate someone for next year's awards, forms will be
...th Annual LAMP CHC Awards of Merit will take place Wednesday, June 11, 2008 at 185 Fifth Street.

...DS OF MERIT WINNERS

...shore Collegiate Institute who always goes beyond the
...ble to initiate new programs that significantly improve the
...formed the Healthy Action Team at LCI with staff mem-
...goal is to improve the health and well being of students
...arning." Some of the achievements this past year include
...n sexual health, alcohol and drug prevention and mental
...ring and staff training and education on drug and alcohol

...e that she feels will benefit the students. She launched the
...ow to become leaders and mentors, and how to create a
...a 10 week girls group with Women's Habitat to deal with

Carla Estenia Palacios

Carla Estenia Palacios is only 11 years old but already she has made her mark on our community. Her nomination form read "I am amazed by this young girl. I always find her volunteering at the pump-kin festival with the Waterfront trail artists, at the library's reading program, extra volunteer work at her school and on the environmen-tal front. Carla is taking the right path towards building a healthy community."

Rotary Club of Etobicoke

The Rotary Club of Etobicoke was recognized as a result of a very strong endorsement from the South Etobicoke Youth Assembly. SEYA, a youth-led organization states that "the Rotary Club of Etobicoke is outstanding in its continued support of leadership development and investment in youth and youth initiatives." Last year the service club supported SEYA's photography program with two new digital cameras and a laptop computer. A few years ago Rotary donated some black and white film cameras. 30-40 Youth from Etobicoke are invited to participate each year at Camp Enterprise to en-gage in entrepreneurial activities, leadership development and citizenship. Rotary is also known for its commitment to education, citizenship in the community, personal growth and development, the opportunity to serve, family programs and more.

The Rotary Club of Etobicoke has given financial support to the Toronto Argonauts Stop the Violence program and supports a basketball program with the Toronto Police in South Etobicoke.

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Dwane Abbott

Dwane Abbott has been an integral member of the Lakeshore Community for years. As a youth growing up in this community, Dwane faced many challenges, seeking direction. He began as a member at LAMP, realizing his strengths, LAMP soon took him on as a volunteer. As Dwane became more involved with services, both within LAMP and in the community, he began to take on more responsibilities, showing us his strong commitment to youth.

He encourages youth of all ages, in many capacities. He has encouraged youth to use their voice, be involved in their community, become active, follow their dreams and have fun. Dwane also has an admirable ability to ensure that youth live up to their academic requirements and daily responsibilities.

Currently, Dwane is the acting Youth Sports Leader for Street Level. Dwane's patience and support both on and off the court has shown how much he has grown. At this year's Black History Event, the youth from Lakeshore, chose to honour Dwane with an original award. Dwane was recognized for being an inspiring black male in this com-munity. Dwane has proven himself as a role model, leader and a loyal friend.

Vivienne Utrianien

Vivienne Utrianien is a hardworking volunteer for Lori's Room Fund and Annual Walkathon. She is indispensable every year during the months leading up to the walk. Vivienne has a cheery disposition and treats her duties very conscientiously. Ask her to do anything and it's done. She also volunteers at the New Toronto and Parkdale Libraries, helping with the children's reading program. Sometimes she even helps them with their homework. Although very quiet and understated Vivienne is a shining example of the kind of volunteer that takes her work seriously, and gives generously of herself, without looking for gain or glory.

Peter Chaupiz

Peter is a real community member; to him community is like breathing air. He enjoys people of all ages; he makes a real effort at getting to know everyone around him - the kids on the street, the staff at LAMP and the people who work on the Lakeshore. He attends LCI and there isn't a person there who doesn't know "Big Pete". Peter is a member of the Street Level Youth Council and has recently become a peer educator. Pete is the kind of person who will attend any meeting to help a youth cause, he will advocate for youth and he supports youth in their development. Pete is a very enthusiastic person and enjoys all of LAMP's activities and is very involved in the community. Pete's commitment to community is exceptional and the Lakeshore is a better place because of Pete.

Yvonne Scholich and Bonny Cann

Yvonne Scholich and Bonny Cann are foster parents for Native Child and Family Services. They have been fostering children and infants for about three years. Over the years Yvonne has attended many Early Years programs with her foster children. Yvonne develops a special relationship with each child in her care. She helps them realize their strengths by setting them up for success in all aspects of play and creative expression. Yvonne and Bonnie are respectful to the children by respecting their family of origin. Yvonne and Bonnie communicate with each child's family. They save the artwork made by the children and take an enormous amount of photos of the children's activities and milestones. The Early Years staff acknowledged the positive impact this couple has on individual children and the community for their selfless contributions.

Elaine Bradford

Elaine Bradford has constantly supported Street Level program-ming with makeovers for the Girls Only Nights. She brings in her own products and helps to build self esteem by teaching make-up techniques that look professional. Elaine has also gathered donations for the teen centre's special events.

Waterfront Trail Artists

Waterfront Trail Artists offers an important service to our com-munity. Too often we have to go to other parts of the city in order to see ourselves and our children involved in art programs that improve our lives. Many children do not get the exposure to art and do not get to experience the satisfaction and confidence from creating and expressing themselves close to home. The Water-front Trail Artists are changing this by offering excellent programs to our neighbourhood to all ages. They also improve commu-nity by staging community building events like the Great Lakes Festival here at LAMP every year. They also enrich our neighbourhood with studio art tours every year and innovative programs to challenge our community artistically.

Friends of Sam Smith Park

This organization is relatively new but impor-tant to the community. The goals of Friends of Sam Smith Park are: to protect, enhance and preserve the area known as the Lakeshore Grounds, sometimes called the hospital grounds. The organization devotes its efforts to protecting the park - which can include protecting wildlife and green space. Some of their yearly activities include a clean up day. Plans are in the works to create activities that enhance the relaxing passive nature of Sam Smith Park.

Linda Lockton

Linda Lockton is a dedicated teacher who has spent 35 years educating children and youth in the Lakeshore. Over her professional career she taught all levels with genuine compassion to build skills that would last a lifetime. She fosters a happy feeling about school in youth and has mentored dozens of teachers. Today she is still supplying, still trying to give something back to the community which has brought her so much happiness over the years.

Bette Kirk - A True Inspiration, Role Model and Volunteer

On June 13, 2007 LAMP organized a “special” reception for Bette Kirk to recognize her invaluable contribution to LAMP Community Health Centre and the Etobicoke community. Her legacy of over 30 years of dedication to community services is a testament to humanitarian work.



Bette has been volunteering with LAMP and ASK! Community Information Centre for over 30 years! Working in a variety of capacities at ASK! - as our Emergency Food Bank Coordinator and Information, Referral and Advocacy worker, Bette's contributions are too numerous to mention - she has done it all, everything from interviewing and supporting the thousands of individuals and families

who have been forced to turn to our food bank over the years, preparing monthly service counts, liaising with Daily Bread, making her famous chocolate/caramel squares for fundraisers and special events, to advocating on behalf of LAMP's clients to gain access to services that they are entitled to. Her contributions have not stopped there; Bette has also served on LAMP's Marketing and Public Relations Committee, and LAMP's Board.

Bette has brought many skills and talents to ASK! and LAMP. She is highly respected by clients,



volunteers and staff alike. Over the years, she has become a friend, a support and cheerleader to many – providing support to staff, enhancing our services and programs, improving the lives of clients and strengthening our community.

Bette is a remarkable woman with a strong work ethic; she is a doer with an extraordinary spirit, warmth, wonderful humour and zest for life. She cares deeply about her community and its members. The knowledge and expertise that Bette has about the community and its members is valuable to the continuity and stability of a healthy community.

Please join LAMP in recognizing and congratulating Bette Kirk for her outstanding contribution to our agency and our community. Your compassion, commitment and loyalty to building a healthier and stronger South Etobicoke is exceptional. Sincere and heartfelt thanks from us all.



LAMP'S ADULT DROP-IN HELPS RAISE PUBLIC AWARENESS

Community Social Services Campaign at Queen's Park

Encouraging civic engagement is a key component of Health Promotion activities here at LAMP. On June 5th 2007, Adult Drop-In community members, took a trip to Queen's Park to participate in the kick-off of the Community Social Services Campaign called “Joining Hands to Build Communities”. The



L-R: (back row) Robert, Lorne, Brian; (front row) Joe, Shirley-Ann, Molly, Gracelyn, Horris, Debora.

purpose of this campaign is to “raise public awareness of the importance of community-based social services, and to press for government investment”. More than 85 agencies were represented on the lawn of Queen's Park that day with upwards of 800 people participating in the days events.

We traveled by school bus, along with people from the Community Action Resource Centre, to Queen's Park for a cold rainy day of community action. Positioned on the lawn with a number of other Toronto Drop-In centres, the LAMP folk told people about the Adult Drop-In and other LAMP programs and took the opportunity to learn about community services all over the city. To escape the cold and become more familiar with provincial government processes, the Adult Drop-In participants and staff took a guided tour of Queen's Park. This tour was the first opportunity any of us had been given to tour the legislature and council chambers while learning about the history of Ontario's government and how bills become law. Excited by this experience, the Adult Drop-In participants and staff hope to make similar trips in the future and will continue to educate ourselves and others about government process and the importance of community services!

By: Molly Elliott
Health Promoter, LAMP CHC

More information about the Social Services Campaign can be found at www.socialplanningtoronto.org.

The Adult Drop-In is open Mondays and Wednesdays from 8:30am to 2:30pm (end of September until the end of June). It serves adults in the Etobicoke Lakeshore area who are homeless, hungry or who just want some social interaction over a good meal! Breakfast is available at 8:30 and a hot lunch is served at 12 noon. Please call Judy or Gracelyn at 416-252-6471 ext. 314 for more information about our services and the Stepping Stones Pre-Employment Program...or just drop-in to the Drop-in!! (Street Level Birmingham entrance)

STREET LEVEL HIV/AIDS EDUCATION PROJECT

This past year, Street Level conducted an HIV/AIDS Education Project, funded by The City Of Toronto – AIDS Prevention Grants program. Part of our project this past year included the Street Level Youth Leader, Sarah, as an HIV Educator and support to two Peer HIV Educators in providing and conducting HIV/AIDS/STI information and outreach strategies to local youth. Together they are also to carry out a number of workshops that focus on healthy sexuality as well as facilitate and distribute educational materials and condoms at locations accessible to youth in our community.

Natalie Hay, our Female Peer HIV Educator, has lived in the Lakeshore all her life and is well known to the youth in the community. She is attending Humber College in the Social Service Worker program and is a long-time, past participant at LAMP.



Peter “Big Pete” Chaupiz, our Male HIV Peer Educator, also lives in the community. He attends the local highschool, Lakeshore Collegiate Institute. Pete has also been a representative of Street Level’s Youth Council and is well known in the community.

Some activities to date have included HIV Educators assisting in facilitating Healthy Sexuality workshops at Lakeshore C.I to over 200 grade 10 students. The HIV educators have also visited local schools, social and recreational events to conduct outreach as well as provide information and condoms.

The highlights of the project so far would have to be the creative and informative gender specific workshops.

Natalie has organized many interesting and well-received events. Earlier in the year, the first All Girls Night included baking cookies and decorating them by word association. Natalie would present an issue or topic around healthy sexuality, and the ladies would depict what it meant to them in icing on the cookies. The ladies also participated in a game that generated discussion around certain qualities that they looked for in a partner.

Another Girls Night included a trip to Chinatown for dinner, and then a stop by the Condom Shack on Queen Street. The visit to

the store proved to be educational as the participants left with a small souvenir of their choice!

Pete has also hosted a series of Guys Only Nights that have been coupled with good food and good times. The guys played HIV Jeopardy, learned the proper steps to putting on a condom and have had many discussions around healthy relationships, safe sex choices and being respectful of others opinions and choices. The guys were also able to take a trip down to the Condom Shack, making a brief appearance on Speakers Corner to promote their night out!

Together, the guys and girls participated in a HIV Awareness workshop during Cooking Club. The educators led the group in a HIV Transmission game that ended up enlightening many people as to who is at risk of contracting HIV, what type of behaviours and choices played a role as well as learning about the importance of using a condom and getting tested. During this workshop, Desiree from People Living With AIDS visited to talk to the group.



Desiree shared her story of contracting HIV at a young age and her day-to-day life living with the virus. During her presentation, Desiree was being filmed by Much

Music for an episode of Music is My Life. Many of our Street Level youth were seen on this episode and can be viewed at Muchmusic.com.

The HIV Project year end event was one to remember. The “HIV Olympics” featured Sexual Charades, HIV Jeopardy, Condom Steps and an obstacle course that was highlighted by fear factor like eating stations. This event was targeted at engaging youth in a fun and educational strategies to learn about HIV and Healthy Sexuality and to act as a summary to the year long project.

A special thanks to Natalie and Pete for all your hard work! Your time and effort has made learning fun for many and has encouraged youth to have safe sex and make informed decisions!



EatRight Ontario

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Registered Dietitians are now only a phone call away!

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- Tips for eating on the run
- How to feed picky eaters
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- Supplements and sports
- Nutrient content of foods
- Menu planning and food safety
- And more



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This new service is brought to you by Dietitians of Canada, working with the Ontario Ministry of Health Promotion.



ALEX STEEN VISITS LAMP!



He's so nice! That's what all our staff said who met Toronto Maple Leaf star forward Alex Steen when he visited LAMP this summer. A few of our staff even wore their Maple Leaf Jerseys to work in honour of the star athlete's arrival. Alex came to LAMP to tape a commercial announcing the launch of the inaugural CanWest Steen Golf Classic. Everyone was excited to have the celebrity onsite, not to mention that Alex has chosen LAMP to be the recipient of his first annual tournament

at the Glen Abbey Golf Club in Oakville. The young hockey player even brought his younger brother Hamilton here for the taping. At Street Level, the youth drop-in centre, the teens were really taken with Alex's calm, respectful, unassuming and friendly nature. He seemed to know just how to make everyone comfortable and at ease. And the best thing about Alex, according to one youth, is that the hockey star listens to a lot of hip hop and R&B.

The first annual CanWest Steen Classic Golf Tournament is being held on September 6, 2007 at Glen Abbey Golf Club in Oakville.

The CanWest Steen Classic promises to be a fantastic day on the golf course, a chance to meet a whole lot of new friends,

stars from the hockey and entertainment worlds, and at the end of the day, raise some money to help build recreational facilities for youth-in-need.



Upper Left: Alex Steen & Russ Ford, LAMP Executive Director.

Far Left: Alex Steen filming the commercial with Street Level teens.

Left: Time out for a little foosball.

New To Canada? We Can Help!

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Speak to people who care. Service is available in many languages.



Canada's New Food Guide Updated to Include More Ethnic Foods

The New Canada Food guide is now available at LAMP CHC (in the lobby) and it contains a lot of useful information including ethnic foods for the very first time. In this latest version, the first in 15 years, we can find clearer guidelines on the amount and types of food recommended based on your age and gender. The servings you choose from the four food groups depends on your age, sex, body weight and activity level. Eg. A teenage basketball player would eat up to the maximum servings in the range, while an older, less active person may only need the minimum. (2 servings of grain=1 cup of cooked rice or pasta, or one hamburger or hotdog bun

or 1 english muffin.) The booklet from Health Canada is also now recommending a Vitamin D supplement for Canadians over the age of 50.

Health Canada has added a range of new foods to the guide such as bok choy, plantain, chick peas, bindi badgi, nan bread and okra in an effort to recognize the needs of the culturally diverse populations.

One of the key messages is to eat more fruits and vegetables, aim for 7-10 serving each day. Examples of serving sizes include 125 ml (1/2 cup of juice) 125 ml (1/2 cup) of fresh, frozen

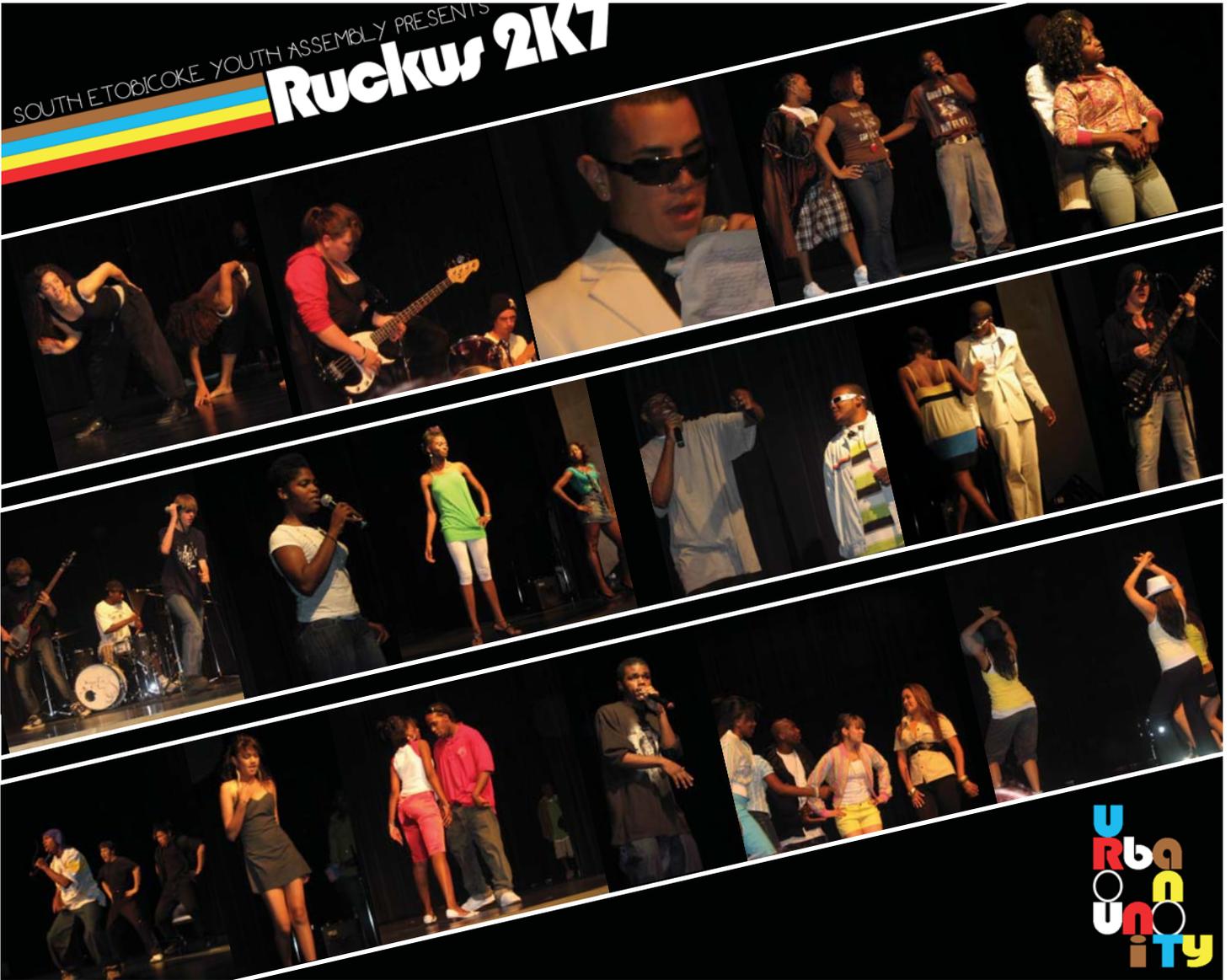
or canned fruits or vegetables, one piece of fruit or 250 ml (1 cup) of raw leafy vegetables.

Another key message is limiting artery-clogging trans fats and combining a healthy diet with regular physical activity.

Pick up your free copy at LAMP today!



SOUTH ETOBICOKE YOUTH ASSEMBLY PRESENTS
Ruckus 2K7



Lorice Haig and Ken King of the Etobicoke Chamber of Commerce present a cheque for \$4,000 to Russ Ford - the proceeds from the 19th Annual Golf Tournament.

Rose Shanahan visits LAMP and presents Mimico-raised Brendan Shanahan's signed New York Rangers hockey jersey to Jasmin Dooch and Ed Turalinski for the Awards of Merit auction.



LAMP CHC ... IN

2007 Awards of Merit



Gallery 44 Outreach Photography Exhibition



SEYA Volunteers Helping Out at Rotary Club of Etobicoke's Ribfest

THE COMMUNITY

Street Level's Streetbana 2007



19th Annual Etobicoke Chamber of Commerce Golf Tournament





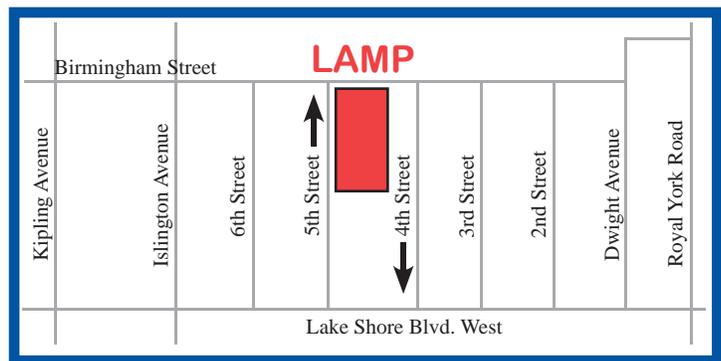
LAMP Community Health Centre strives to improve quality of life by supporting people to reach their full potential. We do this by working in partnership with our community to address new and emerging community needs, and by supporting a wide-range of health care services, community programs, and advocacy 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>

LAMP Wants You to serve on a new Fundraising Committee, join our Community Relations and Membership Committee or our Equally Healthy Kids 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 at 416.252.9701 ext. 308. See 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.

LAMP Community Health Centre

185 Fifth Street, Etobicoke ON M8V 2Z5

Phone: 416.252.6471 Fax: 416.252.4474 TTY: 416.252.1322

www.lampchc.org

