



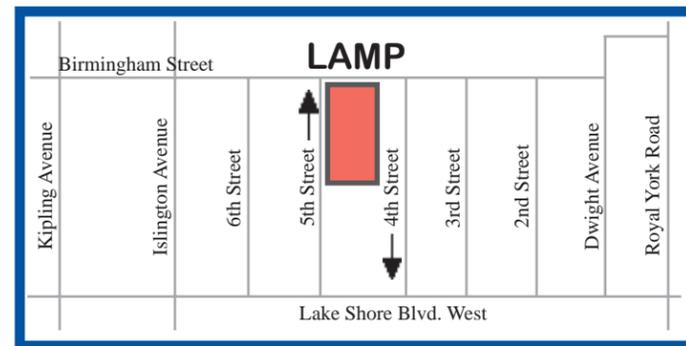
LAMP Community Health Centre strives to improve quality of life by supporting people to reach their full potential. We do this by working in partnership with our community to address new and emerging community needs, and by supporting a wide-range of health care services, community programs, and advocacy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

What We Believe:

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

LAMP Wants You to serve on a new Fundraising Committee, 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



LAMP

Summer Edition 2006

Your Community Health Centre



Thirty years.

That's how long LAMP has been serving this community. And while just being here for a long time may not be a great accomplishment, there are many organizations in both the for-profit and non-profit sectors which cannot make such a claim. It was just over thirty years ago that my father retired from Simpson's. Whatever

happened to Simpson's? It went bankrupt because like many others it did not keep pace with the changing needs of its clientele. Stores like Simpson's failed to adapt to the development of the large box store.

Similarly organizations like LAMP survive only if they maintain relevance to their customer or client or in some cases to the entire community. Organizational change often has to be viewed through the rear view mirror. While we set strategic directions and purposefully go forward, you often don't notice what has changed until you look back and see where you were.

The LAMP of 30 years ago was a very different place than it is today. For one thing the "P" in LAMP stood for project. While that is still literally true, the "P" in those days also stood for uncertainty. As an experimental project of the provincial government funding was both unpredictable and small. Joe Leonard, my predecessor often talked about the meeting he had with Ministry of Health officials when he was told that they were shutting LAMP down. When news got out, the Lakeshore community rallied and LAMP was spared the finance minister's chop.

Today LAMP and the other community health centres in Ontario are an integral part of the government's initiatives around primary care reform. We are expanding rather than retracting. And while we

should never become complacent and never not seek new ways of providing services/programs to the community, it would appear that our funding is not in danger.

Thirty years ago LAMP was founded on principles. Those included a belief in holistic care, an understanding of the relationship between the health of an individual and their community, a value in having people work as active participants in both their own health and that of our community. They also believed that services should be integrated.

Those principles developed by our founders are still present today and our ability to implement them has increased. The original LAMP did not have the large array of services we have today. Over the years we have added many new resources and adapted existing ones to best serve the needs of a changing community.

The Lakeshore of today is also very different from the Lakeshore of the 1970s. Long gone are many of the industries that used to employ those who lived in this community. The make up of the residents has also changed and LAMP has changed with it. In addition to those early principles the LAMP of today has added new principles of inclusion and a service philosophy that aims at addressing systemic barriers which inhibit peoples' ability to access services.

The LAMP of today is very different from the LAMP of 30 years ago. No doubt the LAMP of 2036 will be unrecognizable to those of us who are here today. LAMP has and will continue to evolve to best meet the needs of the Lakeshore. We will not be Simpson's.

Thirty years is also an opportunity to celebrate. So we are going to do that. Plans are being developed for a party this fall. So dust off your dancing shoes, hopefully they are not 30 years old and come out and join in the fun. Make sure you keep an eye on the announcements or call us for more details.

Russ Ford, Executive Director

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LAMP Community Health Centre

congratulates the winners of

the 7th Annual Awards of Merit

Individuals:

Joshua & Julie Chuang
Eric Field
Dan Gibbs
Noel Lalicon
Helen Marquis
Doug Martin
Valentina Maya
Janice McClymont

Shawn Morrison
Natalie Palmateer
Dornel Phillips
Kimberly Saqui
Vilma Segovia
Judith Snow
Stephanie Vina

Groups:

Early Reading Intervention Volunteers
at James S. Bell Junior Middle School
Lakeshore Collegiate Institute Student Council 2006
Father John Redmond Key Club
Community Housing Unit 7
Etobicoke/Lakeshore Tenant Council (TCHC)
Humber Bay Shores Condominium Association
Mimico Residents Association

Businesses:

Lakeshore Supersub
Campbell Soup Company of Canada

Random Acts of Kindness!

Give a flower Eat lunch with someone new
Listen with your heart Visit a sick friend
Clean a neighbour's walk
Offer a hug Give an unexpected gift
Make a new friend Pick up litter
Say "hello" Call a lonely person
Open a door Help carry a load
Plant a tree Pass a kindness on
Buy someone's meal Cheer up a friend
Thank a teacher Give blood Read to a child
Do one kind act every day
Leave a thank you note Offer your seat
Tip generously BE TOLERANT
Let another go first Tutor a student
Bake cookies for emergency workers Lend a hand
Give a compliment Give a balloon to a child
Offer a ride Celebrate the day
Respect others Encourage a child
Walk a dog DO a FAVOUR Forgive mistakes
Drive courteously Share a smile

COMMIT AN ACT OF KINDNESS TODAY!



Spare the Air Actions

During a smog advisory, there are a number of actions that you can take to help spare air.

Travel tips - all year round:

- leave your car at home
- walk, cycle, carpool or take public transit
- tele-conference instead of driving to meetings
- limit car trips by doing all your errands at once, and do not let your engine idle
- keep your car well tuned, check your tire pressure and drive at moderate speeds

A Smog Advisory means that there is a strong likelihood that there may be poor air quality within the next 24 hours due to ground-level ozone and/or particulate matter. During a smog episode, individuals may experience eye irritation. Heavy outdoor exercise may cause respiratory symptoms such as coughing or shortness of breath. People with heart or lung disease including asthma may experience a worsening of their condition.

Health tips:

- avoid exposure to vehicle exhaust fumes
- consult your doctor for specific health advice
- wear light clothing at work while air conditioning is reduced
- avoid strenuous exercise in the heat of the day

Electricity saving tips:

- save electricity at home by setting your air conditioner temperature a few degrees higher (health permitting) and turning off lights you are not using

Other pollution reduction tips:

- leave lawn mowing for another day
- restrict the use of gasoline-powered equipment
- delay using oil-based paints, solvents and cleaners

* From the Ontario Ministry of the Environment.
Visit www.airqualityontario.com for more information.

Lifestyle and the Warmer Months: FOCUS ON HYDRATION

It is that time of year again when the weather warms up and people want to be out and about much more. This means more time spent outdoors and being physically active which generally increases hydration needs for people. The following tips are provided to help you meet your hydration needs better! This includes: (1) benefits of hydrating, (2) current hydration recommendations, and (3) suggestions for increasing fluid in your diet.

1. Benefits of Hydrating

Hydrating means getting enough daily fluid from your diet that your body needs to carry out essential functions. The best sources of fluid in your diet include water, unsweetened drinks, and drinks that do not contain any added sugar and caffeine. The following are some basic facts about what fluid is required for in your body:

- Controls body temperature, for example through sweating;
- Lubricates your body parts, for example the eyes, nose and teeth;
- Cushions your joints and spine;
- Maintains blood volume;
- Aids in digestion through transport of nutrients and removing waste products.

2. Current Hydration Recommendations

Daily fluid recommendations are approximately 8-12 cups per day.

Individual needs increase when we eat large amounts of salt, sugar, fibre, and protein because more fluid is required to aid in the digestion and excretion process. Needs increase during the warmer weather and when we are physically active because we sweat more. Individual needs also increase during pregnancy and breastfeeding due to increased blood volume and for milk production. Finally, muscles contain much more fluid than fat mass. Males have greater muscle mass than females which makes their fluid needs higher.

3. Suggestions for Increasing Fluid Intake

- Avoid waiting until you feel thirsty before taking fluids. This is because we already lose 1-2% of our body weight when we feel thirsty. It is therefore important to drink fluid throughout the day even if you do not feel thirsty.
- Take frequent sips of fluid during periods of physical activity and when the weather is warm.
- Have easy access to water all the time by keeping a water bottle or glass of water nearby.
- Many of the foods we eat hydrate us due to their high water content. This includes vegetables and fruit. For example cucumbers, peppers, citrus fruits, among others contain up to 95% water. It is therefore important to eat these foods more often.
- Good sources of fluids include: water, sports drinks that contain 4-8% carbohydrate, herbal teas, milk, unsweetened juices, and sugar free flavoured drinks such as those that contain artificial sweetener.

- Not so good sources of fluids include: alcohol and caffeinated beverages (cola, coffee, tea) because these drinks cause our bodies to lose more fluid. Also highly sweetened beverages such as regular pop, sweetened juices, frozen slushy type drinks are not so good choices because they cause the body to lose more fluid during digestion.



Reference: Public Health Agency of Canada and Canadian Health Network. Available from: www.canadian-health-network.ca

Helping the Community one step at a time



Most people never consider the heavy toll placed on their feet when regularly pounding the pavement. With every step taken, the feet absorb 1.5 times the bodyweight of the individual, placing strain on the ankles, knees, hip and spine.

As one of the many popular medical services at LAMP, the Chiropody Service is extremely busy, often booking patients a year in advance.

The Chiropody Service gives precedence to diabetics, physically and mentally disabled, the young and elderly and those with debilitating foot problems.

Diabetics must exercise special care with their feet, as it's estimated that 60-70 per cent of people with diabetes have mild to severe forms of nerve damage. This, coupled with poor circulation, can lead to injuries that go unnoticed, as well as slower healing times.

Patients of all ages are welcome to book an appointment. New patients can expect an initial assessment, which allows the chiropodist to determine what the problem is and the best way to treat it.

Common ailments include skin infections, calluses or mechanical walking problems. Depending on the problem, the chiropodist will recommend the most appropriate treatment methods available. In the case of walking and mechanical problems, for instance, treatment often requires corrective orthotic therapy. A fee of \$300, covered by social services and extended health benefits, is charged to fabricate a pair of orthotics at LAMP. In the case of ingrown toenails, permanent full or partial removal of the nail is done in our offices.

The Chiropody Service emphasizes prevention and encourages healthy foot care practices. One of the best investments a person can make is to buy a good pair of shoes. Shoes with secure fasteners that are firm around the heel and only bend at the ball of the foot are essential in providing the necessary support for everyday activities. It's important to buy the right footwear for the right activity, whether it's walking, hiking, running or simply lounging at the beach, there are shoes to suit.

Medical services offered at LAMP CHC began 30 years ago with a foot clinic, and today the Chiropody Service still helps people relieve pain and discomfort one step at a time.

By: Rebecca Jade Eras

**Appointments are booked
Monday 9 a.m. to 8 p.m. and
Tuesday to Thursday 9 a.m. to 5 p.m.**

Mimico Summer Festival Party in the Park

Date: Tuesday August 8th

Time: 5:30 – 8:30 pm

Venue: Mimico Memorial Park, South Etobicoke

(bordered by Central Ave, Hillside Ave. and George St.)



Party in the Park has developed over the last 8 years to become a true neighbourhood celebration. Community spirit soars on the first Tuesday evening of August. Not only is the party an entertaining event, it is a way in which neighbourhood residents congregate and meet one another. Each year this event has grown in size and popularity. Last year an estimated 900 neighbours met in our community's park. The people of Mimico Baptist Church in partnership with the Mimico Residents Association and community are again organizing and hosting this community event. The event is designed to strengthen neighbourhood safety, strength, spirit and police-community partnership. Our anticipated attendance is over 1000. For more information contact: Jim Sanderson, Event Coordinator at 416.251.2855 or mimicobaptist@rogers.com.



Spotlight on LAMP's Preschool Speech and Language Services



It has been estimated that at least 1 in 10 children have difficulty with communication development. Many people don't realize that Toronto Preschool Speech and Language Services sees kids from the time they are newborns until they reach five years of age or are eligible for entry into Senior Kindergarten! Early intervention is key - the first step is typically teaching parents strategies to help them stimulate language development and reduce frustration in every day life.

LAMP has been running parent training programs with toddlers that have had a major positive impact on the lives of children and their families in the Lakeshore area.

Some of the feedback we have received since starting these parent training groups is listed below:

“ ... the tip you gave me today about giving him the choice of two different words when he is pointing at something has improved my life dramatically. It's amazing, and it's something I wouldn't have done on my own, so I just wanted to thank you and let you know we've been doing it since we got home. This has really made me less frustrated and he's pretty happy when he says the word and I praise him for it. So I just wanted to thank you and I think that was a fabulous tip and hopefully I'll be a little less frustrated and so will he.”

“I didn't realize how much I could help her just by playing with her. When I simplify my language, it seems she understands me better, and this makes it easier for us to communicate.”

“The strategies we learned in the sessions were simple and practical, and so they were easy to apply in our everyday life.”

Should you or someone else you know who lives in the Lakeshore area be interested in having your child's speech and language assessed to determine if a parent-training program would be of benefit, please call 416-252-6471 and ask to speak with the Speech Secretary to complete an intake and have your name placed on the waiting list. A doctor's referral is not required. You may also call Toronto Preschool Speech and Language Services Intake Coordinator at 416-338-8255 or visit www.tpsls.on.ca for more information.

Consider registering your child for a communication assessment if any of the following are true:

- S/he has a history of medical concerns or a diagnosis that may affect speech/language development.
- S/he is not using a lot of words and some 2-word combinations by two years of age.
- There is a history of hearing loss or ear infections.
- There is a family history of communication delay/difficulty.
- You or someone you know has mentioned your child is not talking enough and you are not sure what should be expected for a child his/her age.



Infant Hearing Program
Speech & Language Program



Lakeshore Adult Literacy serves 20-30 learners each year, in the core program, and also partners with both the Early Years Centre and Among Friends to offer fun and creative learning and life skills opportunities.

Our adult learners experience success as they define it! Our community development approach is the centerpiece of adult learning—defining your dreams, setting the roadmap and heading to your destination, with support along the way by tutor/mentors and staff.

Learners and tutor/mentors work 1-1 and in small groups on reading, writing, math and life skills. Here are some of our Highlights: At the Early Years Centre, Jaci Grant, one of our tutors facilitated a journaling and booklet making series for young parents. Michelle Edman, our evening instructor has supported learner/tutor matches toward preparing for certification tests in the learners' field of work, drivers' licenses, and cool stuff like reading for pleasure, and creative writing. And in our second year partnership with Among Friends, I have had the joy of facilitating an enthusiastic group of participants in relaxation techniques, and various modes of journaling and art-making. All these activities support the whole person toward improved confidence in learning, increased literacy and health.

We are very proud of all the dedication, enthusiasm and hard work by *all* of our participants, and staff. The most exciting part of our work here is the shift in our learners' self-esteem and the achievement of their dreams... and the smiles all around!

Lakeshore Adult Literacy is a program at LAMP. If you or someone you know would like to get back to learning in a relaxed, informal setting call Johanna, Co-ordinator at ext. 243. Volunteer opportunities also available starting this fall.



LAMP Community Health Centre Where People Matter

Vernon reads to his baby!

Vernon moved on to classroom literacy!

Doris is moving to a high school credit program!

Angelo is in business development training!

Tell a Friend



South Etobicoke Youth Assembly

This has been an extremely exciting year for the South Etobicoke Youth Assembly. We have actively participated in the community in various aspects of issues concerning youth and built our skills around becoming active citizens. Before the municipal elections 3 years ago, our youth hosted an all-candidates meeting to secure support and action for a badly needed large recreation centre. Over the past year we have continued to attend public meetings to gain the support of decision makers and community leaders to help us fill this gap in our community. It is important for us, as representatives for youth in the South Etobicoke area, to be the voices of change raising the awareness of the lack of facilities, programs, and services for older youth.



We strive to voice our opinions as best we can and continue to try and improve living conditions for youth and their families in the Lakeshore. Our series on Impacting Change ... Influencing Decision Makers is helping us to become more effective advocates. Our first two workshops featured veteran South Etobicoke advocate, Ruth Grier. Ms. Grier came to share her lessons learned, give advice on how to keep fighting for our dreams, and encouraged us to gain the support of community leaders who have the power to make change. Her wisdom and encouragement are helping us to propel other youth into political action. SEYA's goal this year is to continue to raise awareness of the serious need for a proper recreation centre, one at the very least that includes a full-sized gym, to support community youth programming. The new community recreation facility scheduled to be built onto the New Father Redmond high school is too small to accommodate a full-sized gym. We believe that South Etobicoke deserves a larger facility, one that will respond to existing and future needs.

At another political forum, SEYA youth attended a meeting with local MP, Michael Ignatieff. After speaking about community matters, Mr. Ignatieff was approached by the group from SEYA who deliberated on the issue of recreational programming and facilities in South Etobicoke. Our members were articulate, intelligent and spoke passionately about their issues. As

well, SEYA was present at an open forum with local police officers, including Police Chief William Blair, to both listen and to speak about youth issues. Two senior SEYA directors highlighted past police/youth relations and racial profiling. At other meetings they also spoke to the importance of addressing the root causes of crime to make a safer society for everyone: recreation particularly, programming for older youth (LAMP is currently running the only older youth program 19-24 in the Lakeshore), education, training programs with allowances to make youth more job/career ready, arts and culture, and more alternative programming for youth in transition.

The strength of our ever-expanding group stems from how we all work and play together both within the structure of SEYA and out in the community. A huge part of SEYA's mission is to provide an environment conducive to the development of friendships. It is the integration of friendships and communication that contributes to SEYA's success, as a group, so that we are better equipped to move ahead in advocacy and change in the community. For example, workshops (Anger Management, Healthy Relationships, Hip Hop Dance, Videography), team-building exercises, Garbage-A-Thons, outreach at local high schools, basketball tournaments, and fundraisers are just some of the monthly activities that we proudly participate in. Every one of these opportunities was an opportunity for SEYA to speak, be heard, and have their voices respected.

You can help our efforts by echoing our concerns to the people you know. The more people listen to the voices of youth, particularly those who are less fortunate, the better off our community will be. A healthy community is one where everyone can participate and advance. At the present time, our very talented and eager youth have been busy preparing for SEYA's annual fashion and talent show, RUCKUS 2006. As well, four of our youth just returned from an Entrepreneurship/Leadership Camp sponsored by the Etobicoke Rotary Club.

As SEYA wraps up for the year, our goals for September remain the same. We hope to continue as a unified youth group, who are passionate advocates for impacting change both for the youth of this community and the community itself. We are hoping to expand our group by engaging more and more youth through our advocacy and energy, accomplished through outreach and word-of-mouth. We also hope to have more guest speakers to our meetings to teach our youth (MPP Laurel Broten is scheduled for September) and, lastly (and most importantly!), we hope to continue to have fun and be inspirations to each other.

Amber Morley, Rashmi Chawla and the 2006 SEYA Team

For more information on SEYA please call Jasmin at ext. 308.

Toys in the Park - Summer 2006



With the onset of summer, Toys in the Park is on the road again. This is an outside summer program provided by the Etobicoke Lakeshore Ontario Early Years Centre.

The program begins the first week in July and runs for eight weeks. This program is free and available to parents and caregivers with children 0-6 years old. Toys, activities and crafts are provided as well as a nutritious snack. Activities include bubbles, a fishpond and obstacle course. Crafts include kites, masks and musical instruments. A designated baby area is also provided as well as a reading area. Parents and caregivers are also presented with information and resources each week. A collection of community information and resources is also brought to the parks for participants to browse through. Staff and volunteers are also available to answer any questions you may have. The morning parks run from 9:30 until

12:00 and the afternoon parks run from 1:00 to 3:30 and one evening park takes place at Eighth Street from 5:30 to 7:30. We travel to a total of ten parks each week including: Prince of Wales, Fairfield, Ourland, Alexander Park, Marie Curtis, Banana Park, 8th Street, Mimico Memorial, Sheldon and Sunnylea Park.

The summer schedule is now available and can be accessed online at the Early Years website www.ontarioearlyyears.ca or you can also call 416-252-8293 for more information or calendars.



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



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

Lending a Helping Hand at Tax Time

As part of ASK!'s annual free Income Tax Clinic, and in keeping with Campbell's Value of Community, two generous Campbell employees offered their time and expertise along with six other volunteers from The Institute of Chartered Accountants of Ontario's 'Free CA Tax Clinic Program', enabling ASK! to offer three evening Tax Clinics in addition to their regular Tuesday and Thursday Clinic, which ran throughout March and April in collaboration with Revenue Canada's Community Volunteer Income Tax Program.

Campbell employees **Jeff Silver**, Manager of Financial Reporting, and **Lisa Cameron**, Toronto Plant Controller, are both Chartered Accountants who joined ASK!'s team of 21 volunteers in completing over 800 Income Tax Returns! Clients included single moms, low income adults and families, newcomers to Canada, and seniors residing in south/central Etobicoke. "It's great to be able to offer my help at a clinic like this," says Jeff Silver.

"The clients were grateful to get tax preparation help at LAMP, where they can benefit from a service they would otherwise not be able to afford," Lisa

Cameron said. Both Jeff and Lisa agreed that this was a rewarding experience.

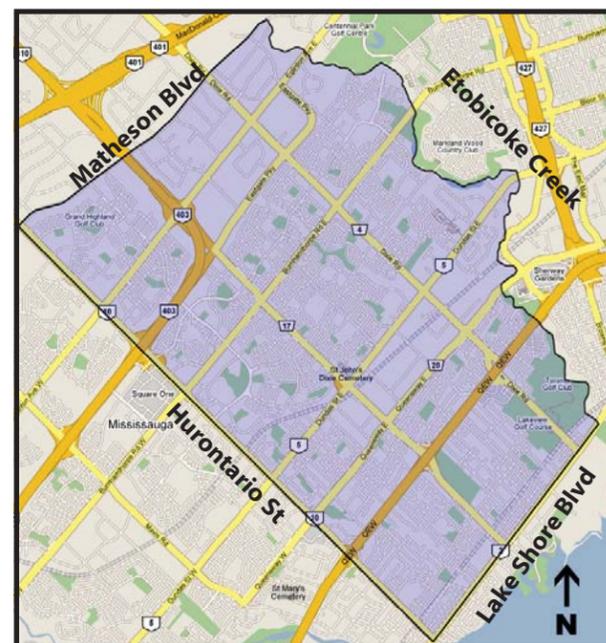
Don Booth, a long-time volunteer with ASK!'s Income Tax Clinic, when asked what brings him back each year during the months of March and April said, "I like to help people complete a task they must do and most of our clients receive a much needed refund."

LAMP CHC and ASK! extend sincere and heartfelt thanks to ALL our Clinic Volunteers: Bev Gaylog and Revenue Canada; Paula Duncan and The Institute of Chartered Accountants of Ontario; and to our good corporate friend and neighbour, Campbell's, for their continued support of this program and our community and in helping to make LAMP ASK!'s 2006 Tax Clinic a resounding success!



East Mississauga CHC

a branch of LAMP



The East Mississauga Branch of LAMP is due to open its doors in Fall 2006. Our Health Promotion and Community Relations Officer continues to implement a process of consultation with the East Mississauga community. Many needs have been identified and community members continue to offer assets to create partnerships with LAMP to help build a healthier community.

At the temporary office at 1425 Dundas Street East, we will soon be offering chiropodist services on a part-time basis, to help improve foot care in priority populations in East Mississauga.

For more information, please feel free to visit us online at www.lampchc.org or contact the office at 905-602-4082.

EAST MISSISSAUGA CATCHMENT AREA:
South of Matheson Blvd, West of Hurontario St, North of Lake Shore Blvd and East of Etobicoke Creek.

Celebrating Our Volunteers!

Volunteers Grow Community and at LAMP Community Health Centre volunteers provide critical support to community initiatives, programs and services. On Thursday April 27 we hosted a volunteer appreciation event to pay tribute to the accomplishments of our 350 volunteers. Did you know that LAMP's volunteers donated almost 20 thousand hours of their time to the Lakeshore community over the past year? More than half of our volunteers attended the celebration! They enjoyed meeting people working in other

departments, renewing friendships and making new friends over an elegant and delicious dinner. The evening featured live music, comedy and theatre. LAMP recognizes the importance of volunteers in our work and celebrates their efforts during National Volunteer Recognition Week, every April.

If you would like to find out more about volunteering at LAMP please contact our Volunteer Co-ordinator Tina Conlon at 416-252-6471 ext. 234.



INNER CITY VISIONS

By the time you read this we will be well into celebrating our sixth year of existence. SIX YEARS! Incredible. We can hardly believe it ourselves and yet here we are. Older, wiser, and pretty damn fly at what we do. From our humble beginnings in LAMP's basement (aka Street Level) to our adolescence at 80 Birmingham, we are now getting set to move out on our own into what is easily our most ambitious and exciting incarnation yet.

It is with great optimism and a touch of sadness that we are proud to announce the official launch of I.C. Visions: The ReMix Project. And with this launch, our physical move out of the Etobicoke/Lakeshore area over to 110 Sudbury in the Queen and Dufferin area. We are still 100% in partnership with LAMP and we have to take a quick second to sincerely thank them for all their hard work, dedication, trust, and most importantly VISION. It has been these traits that have allowed a couple of kids from the Lakeshore to grow with this incredible organization while following our own dreams of doing something powerful for the young people of the GTA. Bill Worrel, Jasmin Dooh, Russ Ford, Brenda Osborne and everyone else on the team that has mentored, supported or gave us hell as the situations required, all of this work we have been able to accomplish throughout the last couple of years is dedicated to you guys. It is your understanding, patience, intelligence, nurturing and willingness to push

the envelope in community development that has even allowed ReMix to become a thought, let alone Mayor David Miller's Community Safety Secretariat's priority project for youth in Toronto. THANK YOU. Over the years we have been, and continue to be, many different things: a recreational drop-in, a mentorship series, a photography program, a recording studio, a fine arts program, even a basketball program. At all times however and in every new stream of program there has been one constant. We have always been rooted in the principles of HipHop. Not rap MUSIC, but HIPHOP, the culture. The culture based in unity, respect, peace, competition and, most importantly, creativity. If someone were to ever ask what we do the invariable response is we're a hiphop rec centre. Doesn't matter if you're asking about our photography or our recording studio, our business mentorship programs or our fine arts initiatives. We are 100% unadulterated hiphop. So, to the detractors of our culture, the people who blame it for many of society's ills and woes, please know that we don't blame you for your opinions but we would love the chance to educate you on the meaning of hiphop, above and beyond the bastardization of what mainstream media has created and disseminated.

With this being said, we must take another quick time-out to speak about the other constant we have had in our lives throughout the last three years. The rock which has allowed us to build, evolve and has had the vision to stay with us even when others weren't sure exactly how our brand

of programming would fit into their molds: The Trillium Foundation.

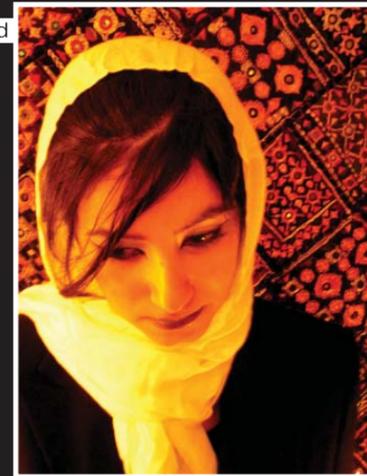
The Trillium Foundation began funding us at a time when we were contemplating some serious changes. Brooding in our underground abode at 185 Fifth Street, we were scared of becoming complacent in our programs and of losing relevance to our core constituency. We were sure of one thing and that was something had to change. Over the next year, we continued to run our drop-in programs as we always had, opening our doors for whomever wanted



to take advantage, and creating a safe place for young people to explore their creative tendencies through different mediums. It was in year two of Trillium funding that we made the biggest move of our young lives and relocated our programs to across the street from LAMP finding a new physical home in yet another basement (something about hiphop and the basement, I'm telling you, it's where everything starts), this time over with the good people at 80 Birmingham in a custom-built recording studio and programming space (shoutouts to our landlord Christina who has suffered through us for 2 years now and has always been supportive and generous, we appreciate you!). Now we have to say, we never thought this would actually happen. I mean, what kind of Ontario-based funder actually knows about, let alone understands, what's really going on in the streets of the GTA on a youth level that they would actually see funding a HIPHOP, let alone any type of, recording studio, as viable

These photos are from our recent Inner City Visions, Father John Redmond and Lakeshore Collegiate Institute Youth Photography Show at the Assembly Hall.

- a. Justin Zollerano
- b. Avinash Totaram
- c. Dana Pantopolous
- d. Gerald Fantone



Please Join Us In Celebrating 30 Years of Quality Service to the Lakeshore Community LAMP Community Health Centre

Friday, October 20th, 2006

Boadens Catering Hall in the Windsor Room
(505 The Queensway in Mississauga)

Four-Course Dinner & Dance
Bar opens at 7p.m. - Dinner served at 8p.m.

Tickets Go On Sale September 1st, 2006
(Tickets \$45 each - 2 for \$80 - Table \$315
Dance tickets available for \$15 - space permitting)

For more information contact Brenda Osborne at ext. 222
Mark your calendars now and plan on attending!



Did You Know?



In 2006 our LAMP ASK!:

- Emergency Food Bank provided Emergency Food Assistance to individuals and families a total of 2,678 times (33% of those receiving assistance were children.)
- Staff and Volunteers assisted members of our community to complete over 2,500 forms (Government Forms, such as Income Tax Returns, OAS, CPP, Housing, Affidavits, True Copies, etc.)
- Volunteers completed 940 Income Tax returns for individuals on a low income.
- Settlement Support Program provided information and referral, support and assistance to 779 newcomers to Canada.
- Ran 67 workshops through our CAP program providing basic computer instruction and support to just under 300 participants.



In 2006, businesses, community members, agencies, churches and groups donated over \$260,000 worth of food, toiletries, office supplies, holiday hampers, food vouchers, toys and gifts, winter hats, scarves and mittens, toiletries to distribute to individuals and families in financial need using our LAMP ASK! Emergency Food Bank. Special Kudos and our sincere thanks to the students of LCI. This past year the students and staff of LCI continued to provide critical support to our Emergency Food Bank program through numerous student-led drives - delivering truck loads of food to help stock the Food Bank. Over 10,000 items in one drive alone. During the times of the year when food donations tend to be low these items helped to feed countless local families and children. It's very encouraging to see local youth investing their charitable work in their own community! These acts of kindness propel more goodwill.

ASK! Information Centre is a program of LAMP that provides community information, emergency food bank, income tax, legal clinic, and Immigrant settlement and refugee support services in Spanish, Ukranian, Russian, and Albanian.

A BONE HEALTHY DIET - TAKE THE QUIZ!

True or False?



1. For healthy bones, vitamin D is as important as calcium.

TRUE. Without vitamin D, you cannot absorb calcium.

2. Yogurt and cottage cheese are good sources of calcium and vitamin D.

FALSE. Yogurt and cottage cheese are not made from fortified milk, so they have no D. However, yogurt is a good source of calcium.

3. The latitude you live in can make you short of vitamin D.

TRUE. In Canada and the northern U.S., the reduced sunshine in winter months causes the skin to manufacture little or no D.

4. Two cups of milk supply the daily amount required for vitamin D.

TRUE. But only for most people under 50. Older people, especially those living at northern latitudes need to consume more D.

5. Colas and caffeinated drinks interfere with your body's ability to use calcium.

TRUE. Phosphoric acid in colas and caffeine in tea and coffee reduce the body's absorption of C.

Sources of Vitamin D: Sunlight, 10 to 15 minutes twice weekly on unprotected skin during the months of April to October. Fortified foods such as milk, some orange juice, and breakfast cereals. Also, fatty fish such as salmon and tuna.



Join LAMP Community Health Centre Today and Make A Difference!



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

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

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

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

Our purpose:

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

LAMP Community Health Centre membership benefits:

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

GROWS UP

programming. Well to start, there was Trillium. Since that point, Trillium's leadership in this area has given other funders the confidence to start investing in our youth community as well and we have been amazed and incredibly grateful to the people at The United Way, The Laidlaw Foundation, Toronto Arts Council, Canadian Heritage, City of Toronto, Department of Canadian Justice and more. It's been a wild ride.



And it's not over yet.

Not even close. With the full blessing of LAMP, I.C. Visions is proud to formally announce that we are launching the ReMix Project this fall. We have grown from an operating budget of \$110,000 to roughly 3/4 of a million dollars. From a drop-in program with turntables for public use to a full recording studio, video editing suite, open-concept office spaces for young people to work out of, and even a boardroom to be signed out and used by our young members. Needless to say we are in an extreme state of excitement and promise.

To launch this program we have teamed up with the Toronto Arts Council (big shouts to Dan Yashinsky



for his wisdom and connections) to deliver the JumpOff Series over the course of the summer. The JumpOff series is dedicated to getting young people across the megacity exposed to talented youth artists of all different mediums while also getting them excited about the opportunities that will be afforded them through ReMix. Over the next couple of months we will be visiting 7 of the United Way's and the Mayor's priority target communities including Rexdale, Jane & Finch, Lawrence Heights, Malvern and more to deliver the JumpOff.

So much to do and time is limited. Trust. A new day is dawning in Toronto and we have only to take a hold and make of it what we will. To add our own original twist to what's expected. To ReMix society's expectations. To live, love and succeed. Much success to you. We hope to write you all again soon.

peace.

Derek Jancar, Gavin Sheppard, Teddy Owusu, Andrew Franklin, Jonathan Lindo, Ken Knibb, Kehinde Bah and the rest of the team at I.C. Visions.

MUCH RESPECT goes out to Pat Tobin & Laura Metcalfe (Canadian Heritage), Doug Kerr, Dan Surman, Kim Hunt & Frances Lankin (United Way), Violetta Ilkiew (Laidlaw), Nicola (from NCPC), Dan Yashinsky (Toronto Arts Council) and all the other REAL, PROGRESSIVE individuals that make the gears turn at their respective organizations, foundations and agencies.

One hundred million besos to Denise Andrea Campbell at the City of Toronto & Leslie Wright at the Agora Foundation. They have been more than supporters, they have been instrumental in making ANY and EVERYTHING happen. Fountainheads of wisdom, sounding boards for ideas and the most dedicated of workers. We honestly and truly recognize these two people as inspirations and the realest of REMIXERS. THANK YOU to everyone involved.

ICV MOTHER'S DAY WORKSHOP

The mother's day workshop was a great success! Youth were able to learn about the fascinating process of Polaroid Transfers and then create their very own creative and unique canvases. The workshop began with a demonstration of how to use the 4x5 camera and then an in-depth explanation of how to do a Polaroid transfer. Everyone took a turn using the camera and creating a print of



themselves for their mothers. Once the Polaroid Transfers were dried we were able to glue them onto a small canvas. The youth then had the chance to use various different art supplies including paints and textured paper to create a canvas for their mothers. Everyone created a unique image and had the opportunity to not only express themselves creatively using photography but other artistic mediums as well.



By Nikki Goldman
Photography Coordinator
Inner City Visions





LAMP Community Health Centre

30th Anniversary
LAMP

Celebrating 30 Years