

Our Mission:

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.

Our Purpose:

To build a healthy community by contributing to the physical, emotional, and social well-being of those living and working in the Lakeshore. We help the community realize its potential and deal with its challenges.

What We believe and Value:

-  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 be helped by their community.
-  We are committed to fight oppression in our 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.

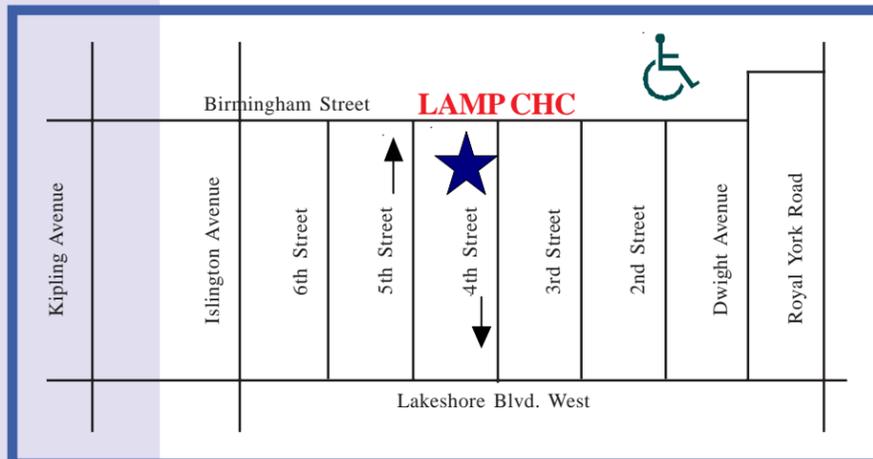
LAMP CHC WANTS YOU...

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

LAMP values and appreciates the skills, knowledge, and commitment community-minded citizens contribute to our society. We welcome all new members who are dedicated to building a healthy strong community.

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

Where we are



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



Your Community Health Centre



LAMP

Winter Edition 2005

A New Location and an Expansion for LAMP C.H.C.

The Government of Ontario recently announced a multi million-dollar expansion of the community health centre program.

This expansion includes the creation of 10 satellite centres in Ontario including one in the Dixie/Bloor area of Mississauga, which will become part of LAMP.

This will enable LAMP, which will work in conjunction with local Mississauga residents and agencies, to create much needed health and social services in that community. Mississauga, with its high number of immigrants and refugees, has long been identified as a high needs community. A local group has been campaigning for about a decade to bring a community health centre to their neighbourhood.

LAMP currently provides health care to some Mississauga residents who do not have health insurance. The new site will enable us to provide them with service in their own community. It will also increase our capacity to provide programs and services to those in

the Lakeshore who want access to our services.

It is a "win-win" for both communities and clearly demonstrates the current government's commitment and support for the community health centre model of care. In addition to money for this expansion, LAMP and all other C.H.C.'s received increased operating budgets. This is the first increase in 12 years.

The long awaited injection of new operating dollars will enable us to further enhance services to the community. Included in the new funding was more money for LAMP's primary care and occupational health programs.

The actual opening of the Mississauga site is still a long way into the future. We are currently looking at possible locations for the facility. Once that is secured renovations will be needed to turn the new site into a modern community health care facility.

Russ Ford, Executive Director

Listen and Act Now: A Call for Action

At LAMP CHC's recent Annual General Meeting a packed audience heard what many of us already know that there is a serious shortage of youth programs, affordable housing and accessible recreation space in the Lakeshore. The findings pointed to the need for not only a community centre but also multi-purpose spaces to serve a range of activities like indoor basketball. The facts and figures are contained in the South Etobicoke Community Services and Facilities Study: Phase 2. Since the report was written the shortage of youth programs for at risk and older youth in the area has worsened. Two programs that served older youth have closed. As of last summer these youth have had no where to go in their neighbourhood to engage in healthy activities. Their frustration is growing and the prospect of a new community centre in 2 years time isn't relieving their irritation. Some youth doubt that it will be accessible to the youth who really need it. Travelling to other areas of Toronto offering a healthy range of youth programs isn't an option for many Lakeshore youth. They like to stay in their own neighbourhood. Last January and last summer local youth rallied together and voiced their concerns stating that the existing programs for youth are not meeting their needs. Since then two basketball programs serving younger and older local youth have closed down.

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Chelsea Takalo - City of Toronto Identify 'n' Impact Award Winner



"Spirit and big heart, this is what I give to Toronto"

Chelsea Takalo was one of 6 young activists honoured in 2004 by the City of Toronto Youth Cabinet for contributions to their community. At 19, Chelsea has spent the past five years actively working to raise awareness of the needs of at-risk youth and youth from low income families. As a founding member of SEYA, South Etobicoke Youth Assembly, Chelsea has demonstrated many of the attributes that make an exemplary youth advocate and leader. Chelsea represented SEYA at conferences such as the Head, Heart and Feet Conference sponsored by the Centre of Excellence for Youth Engagement, the Toronto Youth - Police Summit and The Cause. Most recently, Chelsea has completed a consultation with Toronto Parks and Recreation, where she mobilized over 40 youth to come out and speak. She is currently working in partnership with others to build a small recreation centre in her community.

"I will continue to advocate for youth in my community and to make things happen. Spirit and big heart, this is what I give to Toronto."

Congratulations Dwaine !

Dwaine L. McDonald has been an Adult Learner in LAMP's Lakeshore Adult Literacy Program for two years now, and continues to explore personal experiences through the practice of writing.

When the annual Toronto Word on the Street Writing Contest was announced in the spring of 2004, Dwaine took up the challenge as an opportunity to practice his craft. With support from his tutor he worked through hours of refining, editing and polishing to produce the creative piece *My Mother's Laugh*.

Out of 120 entries, Dwaine was one of 20 award winners. He read his story at this September's Word on the Street Festival which celebrates Literature and Literacy to a receptive crowd. Congratulations Dwaine!

My Mother's Laugh is published in book form as the Word on the Street compilation *From Self to Story*. Copies may be purchase by ordering from the Metro Toronto Movement for Literacy: 961-4013



Author Dwaine McDonald, his short story "My Mother's Laugh" is published in the Word on the Street compilation *From Self to Story*.

If you are interested in finding out more about becoming a Learner or volunteer tutor at LAMP's Adult Literacy please call Johanna Milic, Program Co-ordinator 416-252-9701 x243.

My Mother's Laugh can be read on page 10.

A New Family Physician is Joining Our Team



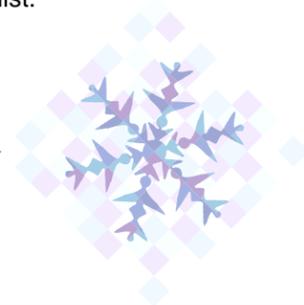
LAMP was one of several Community Health Centres in Ontario that recently received additional funding to increase our services to the community.

We are delighted to announce that we now have a new Nurse Practitioner/Physician team providing health care services to the Lakeshore area. Please join us in welcoming Dr. Mary-Claire Ferlisi to LAMP CHC. She will be working with Nurse Practitioner Michelle Rossetto-King.

We now have three Nurse Practitioner/Physician teams providing health care services at LAMP. These teams work together in a unique "shared practice" model that offers clients the benefits of advanced practice nurses, with a special license that allows them to provide services beyond those of a registered nurse, working with highly skilled family practice physicians. Clients get to know both providers and receive comprehensive care that not only can help people when they are unwell but also focuses on how to stay healthy.

The teams also work very closely with a wide variety of programs at LAMP so that clients can benefit from an integrated approach to well being. Clients can get support on other issues that affect their health like housing, not enough food, depression, legal problems, foot problems, settlement issues etc.

If you are interested in becoming a client at LAMP you can call and speak to our reception team to find out more about our waiting list.



Spotlight on Community Champions: Making a Difference

Our champions:

Two of our SEYA youth volunteers have taken anti-oppression train the trainer training. They are now helping to facilitate groups learning how to fight discrimination, racism, sexism, homophobia and other isms. Congrats **Kadion and Chelsea**.

Gavin Sheppard, our Inner City Visions founder successfully applied for a grant to stage a Hip Hop Cultural event at the University of Toronto. The event was brilliant and everyone learned a lot about Hip Hop Culture and issues in today's urban world. Gavin is waiting word on his most recent grant to reach youth living in Toronto Community Housing.

Albert another SEYA alumni recently gave a workshop on leadership to our newer members. Great job Albert!

Shannon, Rennee, Beth and Kristie handed out drinks and goodies at the Campbell Soup Holiday party. The teens woke up to be ready for 7:30 Sunday morning. That's a real accomplishment for teens! Thanks as well to **Sharon, Violetta, Debbie, Manjola and Deanna** for helping out at the event.

Hats off to **Tiffany, Natalie, Amber, Chelsea and Shannon** for attending a meeting in Lakeshore Village to give a youth perspective to the root causes of recent violence in the area. The lack of recreational activities in the Lakeshore, particularly for older youth, and their growing frustration was highlighted.

Congratulations to **Derek Jancar** for building, designing and launching the new Inner City Visions' Studio for youth. Some days you can see youth from across the GTA working on lyrics and beats! The IC Visions studio was featured in the Etobicoke Guardian recently with superb photos by photographer Ian Kelso. **Thanks Ian!**

Well done **Chelsea** for representing young women as a youth advocate at the Take Back the Night Rally.

Two additional ASK! volunteers, **Jim Milton and Elizabeth Slone**, were also nominated for the City of Toronto Community Service Award. Although, they did not receive the award they were acknowledged by the Major David Miller for their tireless efforts and contribution to the City of Toronto.

THANK YOU ST. DEMETRIUS!



Members and Rector of the Ukrainian Orthodox Church of St. Demetrius present LAMP with \$3400 fundraised at their Annual Gala. The funds will support LAMP's child and youth programs. From left to right: Peter Wertelecky, Nina Allinson, Russ Ford, Jasmin Dooh, Father Walter Makarenko and Lesia Shipowick

Щиро ДАКУЄМО!

Thank You!

Thank you to all the generous local merchants who supported our United Way Campaign!

Please shop and dine in our neighbourhood to maintain our "small town charm". Our local businesses are the Best!

Spend and invest in your community.

THANK YOU!

LAMP and ASK! extend our heartfelt thanks to all the friends and supporters of our Emergency Food Bank - Daily Bread, 2nd Harvest, Lakeshore Collegiate Institute, Etobicoke churches, agencies and organizations, businesses, neighbours and community members and LAMP staff and volunteers.

Last year ASK! provided emergency food a total of 3,009 times (38% of those assisted were children). This year, from January to September 2004, we have provided assistance a total of 2,121 times. Thank you all. It truly is a community effort and we couldn't do it without your support and participation.

Thank You for Your Donations Supporting the 2004 Awards of Merit !

Campbell Soup Company of Canada, John Scheffer, Ukrainian Orthodox Church of St. Demetrius, The Rotary Club of Etobicoke, Faulkner's Appliances, Joe Murphy, The New Toronto Historical Society, North American Produce, Joe Murphy, Rick Osborne, Rose & Brendan Shanahan, The Lock Up, Frank & Lynne Browne, Toronto Blue Jays, I.C. Visions, St. Michael's Ukrainian Catholic Church, Second Harvest, Dimo Safari, Lakeshore Village Flowers

THANK YOU!

Very special thanks and congratulations go out to Mr. and Mrs. Ernest Barnes of the Jubilee Centre, South Etobicoke, who recently celebrated their 65th Wedding Anniversary. Instead of gifts the Barnes asked friends and family to bring donations of food. Our LAMP ASK! Emergency Food Bank was the welcome recipient of this thoughtful act and late October, 2004 - approximately 40 bags of food donation in recognition of the Barnes Anniversary arrived at ASK!

MY MOTHER'S LAUGH

The person who influenced me the most was my mother. During the course of her life, she went through so much tragedy and adversity. However, instead of becoming bitter or stuck in the past thinking what could've been, she remembered the fun times she had as well.

My mother was born in a small town. She had an older brother Gerald and a younger sister Mary. When I was young, my mother seemed like a private person. But sometimes she would open up. She once told us a funny story joking she was a "bastard child". She lived with a man who was her dad, but her mother was married to another man. She lived with her dad because back then divorce was out of the question. The funny thing was when grandma finally decided to divorce her husband, he died. This made it possible to marry the man she really loved. After they married, they had a third child, my mom's sister Mary. Mom also told us about how her parents died. Her dad, my grandfather, on his fiftieth birthday, wondered if he would live another fifty years. He was a road worker. His job was to blow holes in rocks to flatten them out. He worked with dynamite. He would drill a hole in a rock, put a charge in, then he would take cover and detonate the charge. After this was completed, he would check the rocks to see if the explosion did what it was supposed to do. The day he died, he went over to the rocks trying to figure out why some of the charges didn't go off. As he was checking, the charges went off blowing his leg off. He bled to death on his way to the hospital.

Her mother died tragically as well, though not as dramatically as her dad, but it was just as heartbreaking. Mom would start by telling us a little bit about Grandma. She was as round as she was tall. So was her sister Mary, who took after Grandma's

figure. On the day my grandma died, she and my mom were alone in the house when my grandmother suffered a devastating stroke. My mom ran for help. Then she ran back to my grandma and held her in her arms until help came. But help came too late. She died. My mother told us that Grandma was only in her forties, too young to die.

One of my favorite stories is the one that made my mother and aunt laugh so hard. My aunt told us kids about how my mother tried to kill her. She would laugh so hard telling us, it was just a joke. What happened was in the spring they would chop a chunk out of a tree. Then they would suck the sap out of the tree. As my aunt was sucking on the sap, my mother using an ax, tried to chop a chunk out of the tree, right over my aunt's head. Instead of the tree, she accidentally cut my aunt's cheek. They both thought this story was hilarious.

My mother married by the time she was 16. My brother was born shortly after. My mother would often say the first baby can come any time, but after that it takes nine months. By the time, she was 20 she had 3 kids. She was widowed at 27, she had four kids who were under the age of 10. I was only seven when my dad died. Up to then, all the homes I lived in lacked indoor plumbing. There was one house that had 3 holes in the outhouse. I remember when I was five my mother, her friend and I went there. My mom always took one of us kids when she had to go to the outhouse, since she was so terrified of snakes. Her and her friend hadn't seen each other, for a while. They were laughing and talking back and forth. I guess they wanted to spend as much time as they could together. We were all sitting on the three holes with me in the middle. That's where the baby seat was. My mother's friend joked about the toilet paper. It was the Sears and Roebuck Catalogue. My mom laughed and told us how to use it properly. She said, "You take a page out of the catalogue. Then crinkle it up and rub it until it becomes soft". Not

many women could make using an outhouse fun. But it was typical of my mom; she saw the lighter side of life.

She remarried at 32. Once more, she was widowed. She was married only ten months when my stepfather died. At 36, she was married and expecting twin boys. Unfortunately, she miscarried and lost them. The marriage dissolved after 10 weeks, she often joked, her next marriage would probably last 10 days.

Over the years, my mom would tell us funny stories about her childhood. One of my favorites was when she was quite young and their preferred mode of transportation was a big red pig. She and her brother would even ride this pig all over the farm. Another story was when my uncle and mother were playing with matches. They only meant to set fire to tree stumps, but it developed into a brush fire. One other time, her brother was teasing her, as she was getting ready to go on a date. She threw a shoe at him, which cut him over his eye. In school, boys would dip her long braids into inkwells.

Her many stories over the years, made me laugh or cry but always fascinated me. But, there's still so much I can't remember. Or things that happened my mom didn't tell me. I realize how important it is to know as much as you can about your parents, and if you're lucky enough to have them, your grandparents. Write them down in a diary or journal. Anything you need to do to remember. Keep their legacy alive. By sharing my stories with you, it's keeping my mother close to my heart. She died two years ago, but she and her stories will always be kept alive and well through this story.

Dwayne M^c Donald May 2004

Dwayne M^cDonald is an adult learner in LAMP's Lakeshore Adult Literacy Program. For information on the program contact program coordinator, Johanna Milic, at 416-252-9701 x 243.



Bette Kirk Receives the City Of Toronto Volunteer Award!

On September 22, 2004 Bette Kirk received the City of Toronto Community Service Award for the community and public health services sector. In total 159 people were nominated and Bette was one of two people who received the award. Not only did she receive the award on this day but she came in to ASK! for her regular volunteer shift as if it was just another day. This indicates the type of humble, modest and committed volunteer Bette is. Upon completing her volunteer hours Bette went



Dominica, Bette, Jim and Cathi at Toronto City Hall

home to get ready for her award ceremony only to find her family waiting for her with a limousine to escort her to City Hall to receive her award.

In many ways this quote speaks to the essence of what Bette Kirk believes in and acts on...

If you want one year of prosperity, grow grain.

If you want ten years of prosperity, grow trees.

If you want one hundred years of prosperity, grow people."

— Chinese Proverb

Bette Kirk has been a volunteer at LAMP ASK! Community Information and Referral Services for over 25 years. She is truly a committed leader helping families and individuals at times when they are most in need. Bette volunteers two days a week and has been the driving volunteer coordinator of ASK!'s Emergency Food Bank. Over the years, Bette has taken on

more and more responsibilities for the organization and delivery of ASK!'s emergency food bank program. She is



Bette at LAMP's A.G.M. in September

the driving force behind this service that now helps feed over 200 households a month. Last year, ASK! provided emergency food assistance 3,009 times. Over 38% of the total numbers benefiting from this service are children.

As well as providing clients with community information and emergency food services, she screens and books appointments for our legal clinic and income tax clinics, CAP computer program, OW(welfare) and Volunteer Centre programs. She also ensures that high needs clients are referred to appropriate staff and that Newcomers arriving at ASK! are welcomed and linked to our immigrant or refugee settlement and support services. And as if that isn't enough, she also sits on LAMP's Community Relations and Membership Committee, has served on LAMP's Board and has attended and supported many, many LAMP and ASK! events.

She is a competent, tireless, and phenomenally organized volunteer with a wonderful warmth and sense of humour. Bette is respected and highly regarded by staff, clients and volunteers alike. She is a doer with an extraordinary spirit and zest for life that we look forward to and aspire to.

Congratulations Bette! We couldn't do it without you.

Meet LAMP's New Board of Directors

Chair : Susan Milankow
Vice Chair: Maureen Boulter
Treasurer: Suman Roy
Members at Large:
 Valerie Alston
 Robert Currie
 Michelle Davies
 Pauline Golding
 Brian MacKay
 Mary Toutas
 Albert Veira
 Trevor Wellington
 Ann Woodruff



Chair Susan Milankow and Board Member Albert Veira at the LAMP 2004 Annual General Meeting

Join Us!

Become a member of LAMP. Sign up today and support the work we do in our community.

For membership information phone Jasmin at 416-252-6471 ext. 308



Take Back the Night Comes to the Lakeshore

Take Back the Night, an internationally recognized event, held in communities around the world, came to the Lakeshore on October 2nd. This is an annual march to protest against the level of violence experienced by women and children. In particular, this is a night that women join together to reclaim the streets and walk without fear of being abused or sexually assaulted.

In 1981, Toronto held their first Take Back the Night in recognition of Barbara Schlifer, a young woman who was killed on the same day she was called to the Bar. Every year since this tragic event, women in Toronto have been organizing Take Back the Night Marches. Traditionally, the Toronto Rape Crisis Centre and Multicultural Women's Centre (TDCC), hosts the event in conjunction with women from a hosting neighbourhood. This year, LAMP CHC along with several other local agencies and residents, joined together with (TRCC) to organize the event in the Lakeshore community.

Over 400 women, children and men rallied together on LAMP's front yard to listen to music, poetry and speeches. The rally started with the Raging Asian Drummers (RAW), a group of women taiko drummers, who sent thunderous beats throughout the neighbourhood and set the stage for a list of performers and speakers who energized the crowd. Just before the march began, a group of wen-do instructors demonstrated a variety of self-defense techniques that included

kicks, punches and screams. The crowd was ready to "take back the night".

Armed with banners, noisemakers and whistles, the marchers travelled a 3 km route that weaved around the New Toronto neighbourhood. It began at LAMP on Birmingham, moved down 4th street onto the Lakeshore, passed the Gatehouse and then up 14th street. The final stretch of the march traveled through the Co-op community and returned to LAMP.

It was an incredible evening and one that many people will remember for a long time. People watched from their balconies, Cars stopped and honked their horns. Patrons and residents walked out to the Lakeshore to find out what was going on. Even the street cars came to a grinding stop as the massive crowd reclaimed the Lakeshore streets demanding an end to violence everywhere.

Leading up to the March, a community safety audit was held in New Toronto on September 13th, hosted by the planning committee of the Take Back the Night March and Laurel Broten's office. In the future, members of the planning committee hope to continue to organize events and activities that raise awareness and promote a healthy, strong and safe community for everyone. For more information contact, Sandra Van, Health Promotion Program Co-ordinator at 416- 252-6471 ext. 239.



Health Canada's 2000 Fact Sheet reports nearly two-thirds (64%) of women reported feeling somewhat or very worried while waiting for or using public transportation alone after dark while only 29% of men reported similar feelings. This is further backed up by data that demonstrates that women are disproportionately abused in our society. In 2000, "females made up the vast majority of victims of sexual assault (86%), criminal harassment (78%) and abduction (67%)".

LISTEN AND ACT NOW

continued from front page

These programs welcomed between 30 and 60 youth each session. The South Etobicoke Youth Assembly sent 6 youth on November 28 to 'Listening to Toronto' to advocate again for positive solutions.

They asked, "How unsafe does a community have to get before it qualifies for: extra resources to provide staffing for recreational programs for older youth, to get extra summer job funds like the 'at risk' communities (Rexdale, Jane-Finch, Malvern etc.) did last summer, to get the free gym space from the TDSB like the at risk communities can access, and a range of other resources not yet available to neighbourhoods in need". The latest study cited several other concerns including: 18 percent of the population in New Toronto is under 15, a proportionally larger share of children than in other neighbourhoods". This area also has the lowest median income and the highest rate of households living in poverty. (New Toronto has the highest share of renter households spending 30 percent or more of their gross income on rent.) Mimico, the largest and fastest growing in the Lakeshore has 40 percent of its population as Newcomers, meaning that they immigrated between 1991 and 2001. The study also noted pockets of disparity within the areas of study. The community agencies who took part in the consultations also called for more alternative and innovative education, training and employment opportunities for local youth to give them direction and hope for the future. We need real leadership and support from business, community, residents and volunteers to get to the root of the problems we now face. More than 10 years of neglect and inadequate social investments have taken their toll on some of our youth. We can stem the tide now if we offer whatever we can give to affect positive change and hope for the future. Let's act now and make a difference. If you would like to get involved please call Jasmin Dooh at 416-252-6471 ext. 308.

ACT NOW!

The West Toronto Diabetes Education Program

Diabetes is a very serious disease for which there is no cure. If not managed properly it can cause numerous health problems. However, with education and the proper supports, diabetes can be controlled. All individuals with diabetes have the right to access education. Our program can provide this education, free of charge, either in a group setting or 1: 1 with our nurse educator and registered dietitian. Our program aims to prevent long term complications by teaching individuals how to keep their blood sugar under control through weight management, proper diet, exercise, correct use of medications and stress management. Operating out of 5 different Community Health Centres (including LAMP) we service the west end of Toronto.

The West Toronto Diabetes Education Program continues to grow. In the past fiscal year we more than doubled both the number of individual counselling appointments and the number of clients attending group sessions compared to the previous fiscal year. In total, over 600 brand new clients have been served over the past fiscal year, and approximately 1500 follow-up appointments. This number continues to grow.

Funded by the Ministry of Health and Long Term Care, the focus of this program is to bring diabetes education right into people's neighbourhoods. Accessible programming is key to reaching as many people as possible. We have offered our group programs not only at our 5 CHC locations, but also at various other community locations such as public libraries, local

churches and cultural community centres. We also assist individuals to come to our group programs by providing childcare and TTC tokens if needed. We can provide interpretation in over 50 languages. To date, we have provided education in Amharic, Cantonese, Hindi, Hungarian, Italian, Korean, Polish, Portuguese, Spanish, Tamil, Tigrinya, Turkish and Vietnamese. For clients attending our programs, receiving the information in their own language greatly increases their comprehension.

Recently we have expanded our program to also see those individuals identified as at risk for developing for diabetes by their physician, otherwise known as "pre-diabetes". Working with these individuals before diabetes develops we can often prevent or at least delay diabetes from developing.

Interested individuals can contact Jennifer Pipe, Program Co-ordinator at 416-252-1928 to register or to find out more about The West Toronto Diabetes Education Program.

Good Neighbour Recipe

- 1 tongue that doesn't slander
- 1 mind full of tolerance
- 2 ears closed to gossip
- 2 eyes overlooking other's faults
- 1 heart generous and kind
- 2 hands extended to help others
- 1 dash wit, smiles, and cheerfulness and a dash of patience.
- Blend together all ingredients.
- Form into one being.
- Serve generous portions to everyone you meet daily.

75th Anniversary of Tremblay's Shoe Repair Shop Celebrated at the 2004 Awards of Merit



Art Lockhart shines Bruce Tremblay's shoe during the celebration of Tremblay's 75th anniversary in the Lakeshore on the lawn at LAMP CHC

A special addition to the Awards of Merit on June 17th at LAMP was the 75th birthday celebration of Tremblay's Shoe Repair. The Fifth Street landmark is a 3rd generation small business in New Toronto. Three generations of this family have served the community faithfully working on thousands of pairs of shoes and boots. Today, the 1906 Singer sewing and patching machines are still in use along with the original brass cash register. The shoe shine bench, purchased from the Horse Palace in 1929 (an antique from the 1800's), is still in operation. It is not often you see a small family business become such an integral part of any community. Congratulations Bruce and family.



Spanish, Polish and Ukrainian entertainers celebrate their heritage at the Awards of Merit.



Chers Parents,

Le Centre médico-social communautaire situé au 22 rue College (Yonge/College) vous propose toute une gamme de services en français : des services médicaux (médecine familiale et soins infirmiers, services diététiques, dépistage anonyme du VIH...), des programmes socio-communautaires (thérapie, interprétation médicale, ateliers...), des services à la famille (services prénatals et posnatals, conseils sur le développement de l'enfant, comptoir de vêtements gratuits...) et des services d'aide juridique.

Depuis Septembre 2003, en association avec les 22 Centres de la petite enfance de Toronto, le Coin de la petite enfance a ouvert ses portes et vous offre des programmes diversifiés pour vos enfants en français. Des jeux, des chansons, des ateliers (par exemple Gymnastique bambins, Mamans africaines), des renseignements pour les parents sur les services francophones à la petite enfance sont proposés aux familles.

Venez vous joindre à nous dans notre nouvelle salle!

Sandrine Le Crann
Coordonnatrice Coin de la petite enfance
416-922-2672 poste 250

Among Friends

Among Friends is... a program of LAMP Community Health Centre.

Among Friends provides... social and recreational opportunities and health and wellness education for adults living with a mental health disability.

Among Friends helps... people to build supportive social networks, develop interpersonal and life skills, and develop and use strategies for improving physical and mental health.

Among Friends assists... people to identify their needs and strengths, and work towards achieving their personal goals.

Among Friends, in partnership with our members, provides supportive programs and services that reduce isolation and feelings of loneliness.

Please Take Good Care of Your Mental Health!!

For more information on Mental Health and our community resources please call the Among Friends office at 416-251-8666 and ask to speak with Nancy Barkman (program coordinator) or Deb Quiggin (recreation specialist).

Did You Know?

A 2003 Health Canada study found that:

11% of Canadians suffer from a mental disorder annually.

The average onset age of anxiety disorders is 12.

The average onset age of substance abuse is 18.

The average onset age of depression is 21.

Canada has the 3rd highest rate of teen suicide, and that next to car accidents suicide is the leading cause of death for children aged 11-15

In 46% of all disability claims in Canada, mental illness is the primary or secondary diagnosis.

Here's What Some of Our Members Have to Say About Us:

"I just love it!"

"This place is a haven."

"I think the staff interface wonderfully with the members: pleasant, good sense of humor, non-critical, non-judgmental, yet give good efficient direction."

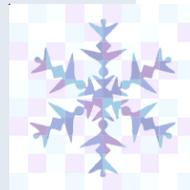
"I don't feel isolated and alone. Knowing I have something to do in a day helps improve my mood."

"Thank you!"

"I now have many new friends and higher confidence."

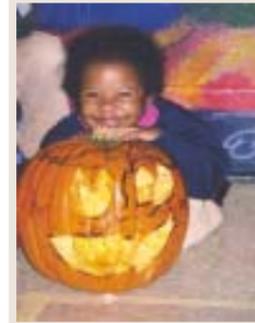
"I love being in this program."

"My outlook towards life has improved."



Great Pumpkin Art Festival 2004 at LAMP

Over 100 people enjoyed the ninth annual Great Pumpkin Art Festival held at LAMP. This year the Waterfront Trail Artists presented a new workshop by local sculptor, Shirley Kleber, who showed



participants how to make spiders and ghosts. Other workshops included Pat Lewis' paper masks, Bill Buzadi's animation flip books, and Bob Howard's pumpkin carving. Molly Mandal was on hand to paint

her wonderful henna designs and volunteer cooks, Nita Hidalgo and John Fallis, made Harry Potter pumpkin milkshakes, pumpkin-apple soup, and pumpkin pancakes, while volunteer Carol Corrigan roasted the pumpkin seeds.

Our extra-large size pumpkins arrived fresh from Robert Chesney's pumpkin patch the morning of the festival ready to be transformed into jack'o lanterns and



delicious cooked foods. Driving through the neighbourhood after the event, it's always fun noticing the hand-made Halloween decorations at residents' spooky home displays. We thank our sponsors for their contributions, as this event wouldn't happen without their generosity; LAMP, Toronto Arts Council, National Silicates, Kiwanis Club of the Kingsway, Thames River Melons, Shopper's Drug Mart, Village Butcher, Royal LePage's Paul & Angela Giraudy, and Mario & Selina's No Frills.



LAMP CHC - Where People Matter

**Breakfast Clubs
Need to Raise
\$50,000**

Each year LAMP Community Health Centre needs to raise 50,000 dollars in order to operate our 4 school Breakfast Programs. Our locations include John English Junior Middle School, Second Street Junior Middle School, Seventh Street Junior School and Twentieth Street Junior School. The Breakfast Clubs were created to address the growing hunger problem in the Lakeshore. Their goal is to ensure that children start the day well nourished and ready to learn. The program also provides safe supervision of children before school starts and after parents have left for work. At the Clubs children learn about healthy eating, receive life skills education, have fun and make friends. Our dedicated Breakfast Co-ordinators teach participants the importance of a healthy breakfast and introduce a variety of fresh fruit and vegetables, along with new food choices into their diets. In the last school year each

program fed 30-120 children a day. Last year our breakfast programs served over 30,000 meals. Support our breakfast programs today! For more information call Jasmin at 416 252-6471 ext 308.

Tenant College Comes to the Lakeshore

Thirty Lakeshore tenants learned about tenant law, tenant organizing and conflict resolution at the first ever Tenant College held on October 16th, 2004 at Storefront Humber. Co-sponsors of the event included LAMP CHC's More than a Mat: Real Housing Project, the Federation of Metro Tenants' Associations and South Etobicoke Community Legal Services.

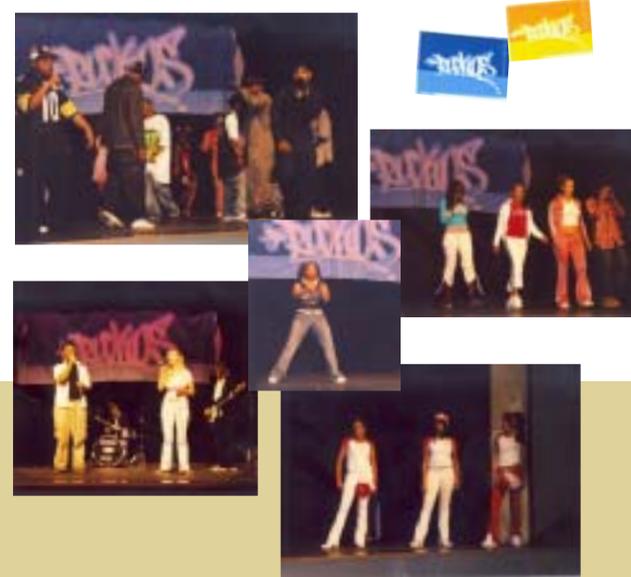
More than a Mat: Real housing encourages tenants who want to work for better tenant conditions to join a new tenant action group. Call Helen Armstrong at 416-252-6471 x271 for details.

More than 20 SEYA youth organized a basketball tournament this past summer for local youth. They had to raise \$80 just to pay the permit fee to the city for the use of the court in Lakeshore Village. LAMP CHC covered the cost of insurance.



RUCKUS 2004

More than 40 youth took part in Ruckus 2004 the annual talent and fashion showcase held in the Lakeshore. Ruckus is an opportunity for local youth to build leadership skills, organizational skills, special event logistical knowledge, and fundraising skills. As well as learning by experience the event also provides volunteer hours for creative youth and supports local arts and culture.



Producing at the ICV studio.



photo courtesy of Ian Kelso, Etobicoke Guardian



Inner City Visions is looking forward to a busy winter season. Our program's goal in the next few months is to complete the recording process for our youth album. The album will include youth artists, ages 15-25, from all over the G.T.A. A new addition to our studio-recording program is "Ladies Night". This night will be dedicated to female artists who want to record. I.C. Visions will also be running a few Ropes seminars this quarter. These sessions will be youth driven and will cater to the program participants wants and needs. Once again our photography program will be starting up in February 2005. For the third year in a row we'll be part of CONTACT, Toronto's official photography festival. For any further information or questions please contact the following.

416.991.7123 or,
inner_city -
visions@hotmail.com



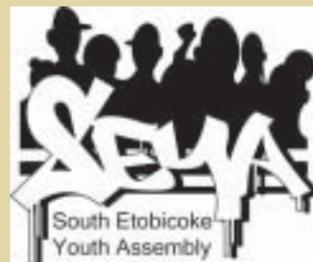
photo courtesy of Ian Kelso, Etobicoke Guardian

South Etobicoke Youth Assembly

SEYA's youth took part in ReActivate TO a review of Parks and Recreation services in our community.



Kadion, Tonya, Dan, Chelsea, Natalie and Tiffany (pictured above) represented the South Etobicoke Youth Assembly at 6 different tables during the city wide consultation of "Listening to Toronto". Of the 700 people who took part in the consultation only 5% were under 24 years of age. SEYA youth spoke passionately of the need for youth run and directed programming in our community.



ICV outreach at the basketball courts in the Lakeshore Village Co-ops.



SEYA volunteers Shannon, Kristie and Renee helping at Campbell Soup's holiday party to raise awareness of LAMP programs for children, youth and families.



Our first clothing line: Face 2 the Sun - ICV



ICVisions