

# Dorset Park Neighborhood Association

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# DORSET PARK

## COMMUNITY NEWSLETTER

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## Dorset Park End of the Year Potluck Celebration

On Friday December 13, 2013, Dorset Park Neighbourhood Association, Action for Neighbourhood Change (ANC), Dorset Park Community Hub, ACSA and Reach Out Project for Engagement (ROPE) hosted the End of the Year potluck party. The theme of this year's event was celebrating, appreciating and community. More than 75 families came to this event to celebrate the work, achievements of the year and to acknowledge the active members of the Dorset Park residents. There were some local performances from youth as well. Furthermore there were a lot of games with prizes for children and everyone. The potluck had a variety of multicultural food and also 2 delicious turkeys that residents cooked during the day. As well, Canlish girls group and our lovely residents and their families helped out and served the food for residents.



The Hub showcased many events but this one stood out the most. The residents enjoyed this experience in many ways. Residents led the planning committee to ensure the event was successful. They planned a lot of games and activities that everyone enjoyed and participated in. Special thanks go to Dorset Park active residents, Malsan and Laura

*Thanks to Abeer Ali*

## Seniors Moment

“Gratitude is in the Heart’s Memory” and seniors have seen enough years to know that attitude matters a whole lot more than age. Let’s support each other, laugh, love, show the world what it means to live with attitude at any stage of life. It is not the age that matters, but a youthful heart that says the best is coming for Seniors – Now is just the start. Come on out, join us, let humour, love, peace, laughter be your best friends, and we will face free and fearless everything life sends. There are programs and all kinds of other activities at the Dorset Park Community Hub that will give you hope and a future with a smile. Life is short. Live it well.

***“You are never too old to learn”. Be Happy!***

*A Concerned Volunteer, Senior Worker*

## English Circle for Women

The English Circle for women Christmas Party was held on Monday December 9th, 2013. It went really well with our donor as well. I would like to thank our Donor for always giving us a surprise visit. She always gives us more inspiration and empowerment to continue to work with the women. This year we had new visitors as well; Penny and Kim from United Way Toronto.

English Circle for Women is a multicultural program providing free English as a second language classes for Dorset Park residents. The classes are offered at two locations at the north and south parts of Dorset Park. We want to thank United Way and Special Donor Heather for all their support and contribution to us. This is our 6th year in a row providing free English classes to the community as well we added one more day in North part of Dorset Park.

Dorset Park Community Hub, 1911 Kennedy Rd, Unit #105, Rooms 116 & 118, Mondays, Tuesdays and Thursdays from 9:30 am -12:00 pm. On-site free child minding is available.

McGregor Community Recreation Centre, 2231 Lawrence Ave E, Meeting Room, Wednesday, 9:30am -12:00 pm. On-site free child minding is available

Participants will improve their reading, writing, speaking, and listening skills in English. They will learn about different topics like safety, rights and freedom and much more. We conducted one workshop on January 16th with TDSB Essential Skills. This workshop offered support for our ladies to continue their career or find a job after they successfully graduated from our program. Furthermore we are partnering with the newcomers center for a 6 week session on How to live healthy in Canada. The program is called "Healthy Eating and Active Living". The English Circle for Women is funded by United Way of Toronto. For more information, please call Suganthine at 647-628-7406.



*Thanks to Suganthine Sivakumar*

## Dorset Park Community Hub

The Dorset Park Community Hub is up and running for January 2014 and is excited to be hosting a variety of programs and services from newcomer/settlement to employment supports to a low vision clinic. The sewing class continues to run on Wednesday's from 10:30 to 12:30pm; new members are always welcome. The computer drop in continues to operate so please stop by the hub to book your appointment. Also coming soon will be a yoga class for seniors.

The hub is part of United Way Toronto's Building Strong Neighbourhood Strategy and is a one stop shop where people can access a variety of programs and services. It is also a place where community members can get together and start initiatives of their own. Agincourt Community Services Association is the lead agency and community partners on site include: Dorset Park Neighbourhood Association, Action for Neighbourhood Change (ANC), John Howard Society of Toronto, Family Association for Mental Health Everywhere, VHA Home HealthCare, Extramile Ministries, ACCES Employment, CNIB, Tropicana Community Services and Youth LEAPS. We are open 9am to 6pm Monday to Friday and are located at 1911 Kennedy Road, Unit 105. Be sure to come by and visit!

*Thanks to Laura Harper*

## John Howard Society



### What is Anger?

Anger is a normal and healthy emotion. Anger can become a problem, however, if you have difficulty expressing your feelings or if it leads to aggressive behavior. There are ways of managing your anger in healthy ways by learning to express yourself in an assertive and respectful manner.

The John Howard Society of Toronto offers an Anger Management program for men who are court mandated and/or men wanting to attend voluntarily. The program is delivered in a group setting over 4 evenings once a week in a closed group format. Please call our main office at 416-925-4386 during the week of February 17<sup>th</sup> to schedule an intake appointment. Group sessions are scheduled to commence in March at our Toronto and Scarborough locations. Please note that this program is not designed to address Domestic Violence matters.

The John Howard Society of Toronto provides support services to men in conflict with the law or who are at risk of coming into conflict with the law in order to facilitate positive change and achieve community reintegration. Our Scarborough office offers the following services: information and referrals, housing support, assistance to apply for a record suspension/pardon, and substance abuse counselling.

For more information regarding any of our Scarborough services, please contact our office at the Dorset Park Community Hub located at 1911 Kennedy Road, Unit 105 during our office hours: Monday to Thursday from 10:00 am to 4:00 pm and Fridays from 10:00 am to 2:00 pm. Our phone number is 647-849-1541.

*Thanks to Chris Iantorno*



## Rosalie Hall

### Young Parent Hub

The Young Parent Hub is a service provided by Rosalie Hall for youth up to 25 years of age that are pregnant and/or parenting. This service is provided on two days, every Monday and every Thursday from 4:30pm-6:30pm.

Monday's program includes a Fathers Group for young men with children ages 0-6, looking for resources about fatherhood, family, employment, life with child and/or partner etc. The first group starts on February 10<sup>th</sup> 2014. The Growing Healthy Together Prenatal Nutrition Program and Living and Learning with Baby are also Monday nights at Rosalie Hall.

Thursday's program is for anyone who is pregnant and/or parenting. This group is not just for women, men who are fathers or expectant fathers can attend as well. Thursday night's program offer groups on various healthy living topics and fun activities along with a light dinner. The first group starts on February 13<sup>th</sup> 2014

Both programs are held at Rosalie Hall 3020 Lawrence Avenue East from 4:30pm-6:30pm. For further information please contact Emelda Hodiwala, Community Counsellor @ 416-438-6880 ext 225

*Thanks to Emelda Hodiwala*



youth leaps

## Youth Leaps

Youth Leadership in Educational Attainment through Partnerships in Scarborough (LEAPS) is a youth-led initiative committed to supporting students in Scarborough's East-End priority neighborhoods. We work with youth from ages 14-28 to provide support for educational success within the school and community. Our services include: Grade-8 transitional programming, high-school academic tutoring, school reintegration, student/parent advocacy, youth council, academic planning/counseling, and assistance in post-secondary applications for colleges, universities, apprenticeships and Ontario Student Assistance Program (OSAP). Registration is still available! There will be light refreshments & bus tickets. We are also in the process of organizing education strategy for Dorset Park, to improve the quality of education. For more info contact [ortega@youthleaps.ca](mailto:ortega@youthleaps.ca)

*Thanks to Ortega Tapambwa*

### Bendale Business and Technical Institute

Bendale B.T.I. students have been involved in lots of exciting opportunities, both in and out of the classroom. From our Grade 9 'Incredible 2-day Urban Adventure' with Outward Bound Canada to a Young Women's Conference for our female students, we have forged many strong community partnerships. Our Urban Farm in partnership with Food Share keeps on growing - with hands-on opportunities in our Horticulture, Business and Culinary programs and in city restaurants and market gardens. Our hockey team visited Lake Placid for their annual tournament - with over 30 team members and 4 coaches supported by community partners. Looking ahead to Semester 2, we are excited that a 5-day Canoe Trip with Outward Bound Canada will take place in May ... and for the first time ever, students will be going dog sledding in Northern Ontario! We will also be gearing up for local and provincial Skills Competitions again - highlighting our outstanding Technical Programs. Thank you to our many community partners who help provide many enriching opportunities for Bendale students.



*Thanks to Sita Dubeau*

### Greetings from Councillor Thompson

I would like to offer my thanks to the Dorset Park Community Newsletter Steering Committee for your work in mobilizing, supporting and representing your neighbourhood. I would also like to thank all of you in the community who stepped forward after the recent ice storm to help clear the streets and assist your neighbours. By pulling together, we were able to make recovering from this major incident a lot easier.

Finally, I would like to remind you that you can find the latest news about events and issues in our community and our city on my website at [www.councillorthompson.ca](http://www.councillorthompson.ca). We update the site continuously, so log in regularly. And as always, if you need any help in your dealings with the city, please contact my office at [councillor\\_thompson@toronto.ca](mailto:councillor_thompson@toronto.ca) or by calling (416) 397-9274.

*Thanks to Jedrek So*

## JANE'S WALK 2014: CALLING ALL WALKERS!

After a successful Dorset Park Discovery Walk last Spring, it is time to start planning anew for Jane's Walk 2014. Whether you live in the north end of Dorset Park or the south, in a high rise or a house, if you would like to help make this year's Jane's Walk the biggest and most inclusive one yet – we want to hear from you!

At this time we are reaching out to community organizers, interested walkers, and people with knowledge of the realities of their neighborhoods to help plan, learn new skills, and ultimately lead a walk of their own. If this sounds like YOU or you would like to learn more about getting involved – please contact Bryan at [bryan.heal@gmail.com](mailto:bryan.heal@gmail.com)

*Thanks to Bryan Heal*

### Safety

#### 1) Sidewalk Snow Clearance

At no time this winter have the sidewalks been appropriately cleared of snow for pedestrians. The below safety issues have been identified in the community. Pedestrians are forced to walk in the road which puts them at very high risk for accidents. Attempts to walk on the sidewalks are treacherous at best. Side walk clearance needs to significantly improved.

#### 2) Safety Signage

Motorists have been speeding through the pedestrian walkway while the pedestrians are trying to cross the street at the corner of Kennedy and Antrim even though there is a yield to pedestrian/cyclist sign. When I have tried to identify this to motorists while I was crossing, there is no visible sign to point it out.

There is also a need for speeds signs in the driveways of apartments and condos in the area as motorists are pulling out at very high speed and I believe the limit is 5KPH. If you are interested in getting involved please contact Sandra.

*Thanks to Sandra Low*

## Savvy Diner Campaign – Menu Labelling in Restaurants

If a salad has more calories than a hamburger, wouldn't you want to know? Did you know that the average sit-down restaurant meal has more than half the calories that you need in a day and has one and half times the sodium (salt) you need in a whole day?

There is simply no way to know what you are eating at a restaurant, unless the nutrition information, such as calories and sodium is there when you order. Menu labelling is just that – people having the information on the menu or menu board to make a healthier choice when eating out.

This is the reason why Toronto Public Health came up with the *Savvy Diner Campaign*. This campaign lets the general public know how important menu labelling is in restaurants and asks that all large chain restaurants in Ontario must have sodium and calories posted on the menu or menu board.

We are definitely on the right track! In October 2013, the Government of Ontario proposed that all large chain restaurants would be required to have menu labelling and are now moving this forward.

We are hoping that menu labelling is not just for large chain restaurants. Registered dietitians at Toronto Public Health are working with several smaller, independent restaurants across Toronto to see if it is possible to have nutrition information on their menu or menu board. These restaurants have volunteered to be in this pilot project. Be a Savvy Diner today! For more information and to show your support for menu labelling, check out: [www.savvydiner.ca](http://www.savvydiner.ca) and <https://www.facebook.com/SavvyDiner>.

*Thanks to Randa Bronte-Tinkew*

# Dorset Park Neighbourhood Association

## Vision:

We dream of a safe Dorset Park where people know their neighbours, take pride over their community and are able to access programming.

## Priority Areas:

1. Communications

2. Increasing accessibility to affordable programming and services for all age groups and backgrounds.

3. Safety

4. Food Security/Beautification

If you would like to get involved, please call 416-292-6912 or email us at [dorsetparkna@gmail.com](mailto:dorsetparkna@gmail.com).

[www.DorsetPark.com](http://www.DorsetPark.com)

Everything about the Community



## Call for Submissions

The Dorset Park Community Newsletter is calling for submissions focusing on safety, programming, food security, beautification and or other topics of interest to the Dorset Park community. Please email your submission to

[gimalsan@agincourtcommunityservices.com](mailto:gimalsan@agincourtcommunityservices.com)

416-292-6912 ext 316

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