

Dorset Park Neighborhood Association

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DORSET PARK

COMMUNITY NEWSLETTER

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Final Round of Resident Action Grants (RAG)

Action for Neighbourhood Change (ANC) Dorset Park invites residents of Dorset Park to apply for the final round of the Resident Action Grant Funds to take on projects that will benefit the community in safety, programs, food security and communication

The grants are small pools of money that support resident-led projects that address the concerns of the Dorset Park Community. They provide a way for residents to shape activities in their neighbourhood and be a part of local solutions, and they are proof that a small investment can make a big difference. **Grants of up to \$5000 are available.**

Each grant application must have at least six community members supporting the idea. Some of our past projects include: English Circle for Women, Community Garden, Dorset Park Sports Club, The Multicultural Kitchen, Sewing Club, Trip to Niagara etc.

Residents interested in learning more about the Resident Action Grants can contact the ANC office at (416)292-6912 ext. 315 or email: aabeer@againcourtcommunityservices.com.

Thanks to Abeer Ali

Dorset Park Youth Advisory Council

On December 20 2014, The Dorset Park Youth Advisory Council (DPYAC) hosted a Holiday Gala that included a buffet dinner and awards ceremony. The celebration brought together youth volunteers, participants from three youth councils (DPYAC, TORCH, and CanCrew), families, and McGregor Park’s team of youth volunteers.

The Gala featured spoken word, dance, and rap performers. A buffet style dinner brought the community together in conversation and laughter. Leadership awards were present-ed to all youth councils, and McGregor Park Volunteers for the amazing work they have been doing in the Dorset Park Community. For some youth, this was the first award they had ever received. Families from the community who were passing through the event stopped in to support, and speak with the young people.

Thanks to McGregor Park Youth Outreach Worker - Ernestine Dunkley



Dorset Park Community Hub

The Dorset Park Community Hub had a busy December month. A volunteer from the food bank hosted a dinner for all the food bank clients during the holiday season. The Christmas partner's program distributed toys to about 300 people. Our volunteers came together to give out those toys.

The hub is introducing some new programs for 2015, Tai chi for seniors and hip hop dancing for pre-teens. We will host a children's day event during March break so please look at our calendar for more information.

The Dorset Park Community Hub is a one stop shop that hosts a variety of programs and services such as employment services, a food bank, child-parent drop ins, seniors programs, youth programs and much more. We are open from Monday to Friday from 9am to 6pm. Please visit us at 1911 Kennedy Road, Unit 105 or call 416-292-6912 for more information.

Thanks to Gajay Selvarajah

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 every Monday and Thursday from 4:30pm-6:30pm.

Monday's program includes a fathers group (Just Dads) for young men with children ages 0-6, looking for resources about fatherhood, family, employment, life with child and/or partner etc. The Growing Healthy Together Prenatal Nutrition Program and Living and Learning with Baby hosted by Toronto Public Health are also Monday nights at Rosalie Hall.

Thursday's program, Parents V.I.B.E (Vision Inspired by Each other) is for pregnant and/or parenting youth. This group is not just for women, fathers or expectant fathers can attend as well. Parents V.I.B.E offer groups on various healthy living discussion on topics such as relationships and communication as well as fun activities along with a light dinner and tokens.

All 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

High School Entrepreneur Outreach Program

The YMCA is excited to announce a new program that will be of interest to high school educators in the Toronto area. The High School Entrepreneur Outreach Program provides workshops in your school that helps youth better understand the possibility of starting their own businesses. Youth will be encouraged to identify their own skills and be motivated to use them to become their own bosses. Educators interested in hosting a 10-40 minute presentation should contact Jenny Doyle (Cell: 647 924 9493, Email:

Jenny.Doyle@ymcagta.org) to book a presentation.

Thanks to Andrew Kowalchuk

New Citizenship Language Training Course

February 18 to May 13, 2015
 Mondays and Wednesdays from 7:00 – 9:00 p.m.
 At Winston Churchill Adult ESL
 CLB levels 4 to 8
 Please call 416 396-6909 for more information

Thanks to Karen Evans

Essential Skills Upgrading at the Toronto District School Board

Are you interested in upgrading your reading, writing, math and digital technology skills? TDSB offers free upgrading for adults who want to improve their essential skills. We can help you prepare for: adult high school or a GED preparation course, upgrading at college, job skills training or employment. We offer both full and part time classes at various locations across Toronto. Want to learn more? Come to one of our information sessions. We will answer any questions you might have and help you determine if our program is right for you. To reserve a space at an information session, call 416-396-6904. Please check the Dorset Park Community Hub calendar for our next scheduled visit.

www.upgrademyskills.ca

Thanks to Helen Pantis-Tassis

Summer Camp Jobs

It is that time of the year again.... Trustee David Smith would like to recommend some names of youth for the upcoming summer camps jobs. If you have students who are interested in applying and meet the age requirement, and also attend the Toronto District School Board, please ask them to follow the steps below. Must be 16 years of age or older.

"The FOYT office has now reopened for 2015. All online applications will **OPEN** on the FOYT website as of **Monday, January 19, 2015**.

Student employment applications will **CLOSE** on Sunday, **March 22nd**. Summer Student Co-op applications must be submitted to the FOYT office by Monday, **March 2nd**.

The 7 week period of FOYT employment will take place this year from July 6 to August 21. The FOYT website has been updated with the key dates for 2015.

Thanks to Novlette Mitchell

Want carpentry training? Register now for the CHOICE Carpentry Pre-Apprenticeship program



The 12-week **CHOICE Carpentry Pre-Apprenticeship** program offers free training to youth interested in carpentry and provides job placement support once the program has been successfully completed.

- You can register for the program if you:**
- are 16-29 years old
 - are out of school and out of work
 - have completed Grade 10
 - have basic math skills

Come to an information session to learn more:

<p>Wednesday, February 4 6:00 p.m. to 8:00 p.m. North York YAC, 4500 Dufferin Street (Dufferin and Finch)</p>	<p>Thursday, February 5 6:00 p.m. to 8:00 p.m. Toronto Public Library, 517 Avenue Mill Drive (Don Mills subway)</p>	<p>Wednesday, February 11 6:00 p.m. to 8:00 p.m. Community Development Centre, 5 Regent Street (Lawrence West subway)</p>	<p>Thursday, February 12 6:00 p.m. to 8:00 p.m. Toronto Community Housing, 501 Yonge Street (Broadview subway)</p>
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For more info or to register for a session: (pre-registration is required)
 call 416-771-7054
 e-mail ameera.mcintosh@torontohousing.ca
 visit www.torontohousing.ca

CHOICE is a partnership between:

 Program funding provided by: Ontario

Photos: Toronto 980 photos after February 13, 2015

ENGLISH CIRCLE FOR WOMEN

Inspire • Achieve • Bring+Empower

Practice Your English for **Free**

AT DORSET PARK COMMUNITY HUB
 1911 Kennedy Road unit #105
 Mondays, Tuesdays and
 Thursdays, 9:30 am-12:00 pm

AT MCGREGOR COMMUNITY CENTER
 2231 Lawrence Ave East, Scarborough
 Wednesdays and Fridays
 9:30 am-12:00 pm

Free Childcare "for children 18 months and up"

For more information please call,
 Sugenthine 647-628-7406

Come and join it's a lot of fun

If your graduation present doesn't look like this...

Apply for the **Investing in Our Diversity Scholarship!**

If you are involved in leadership, anti-racism or diversity in your school or the community, you can be awarded up to \$4000 for your first year of post-secondary education or training this upcoming school year.

For more information and to get your application package visit:
www.torontohousing.ca
www.scaddingcourt.org

DEADLINE FOR APPLICATIONS IS
MONDAY, MARCH 23, 2015, 4:30PM

Toronto Community Housing
 IN PARTNERSHIP WITH:

Tenants Involved Educated and Ready to Respond (T.I.E.R.R)

The Tenants Involved Educated and Ready to Respond (T.I.E.R.R.) Safety Group has finished wrapping up a six (6) week Safety Ambassador Program in North Dorset Park. Congratulations to the graduates: Hazel, Baldwin, Lamia, Ghada, and Rikaza. We would also like to thank the following community members whose valuable contribution added to the success of the program: Jospin, Raja, Sabiha, Mala, and Aliya. In 2015 the Safety Ambassadors are looking forward to building collaborative relationships with the Dorset Park Neighbourhood Association (DPNA), and Reach Out Project for Engagement (R.O.P.E.)

T.I.E.R.R. Safety Ambassadors have been working hard in Dorset Park collecting petitions to install speed bumps on Antrim Crescent to slow traffic down. During this process the T.I.E.R.R. Safety Ambassadors have developed the following skills: Community Engagement skills, letter writing skills, research skills, advocacy skills, public speaking skills, how to use 311, and building positive relationships with Norm Kelly's (our local city councillor for ward 40 Scarborough Agincourt) staff. Next steps delivering the petitions to the councillor's office.

T.I.E.R.R. will be offering a Safety Ambassador Program in South Dorset Park at Sakinah Community Centre, 1430 Birchmount Road.

To register please contact:

Donna Robinson at 416-292-6912 Ext: 316 or email: rdonna@agincourtcommunityservices.com

Monthly Safety Meetings at Dorset Park Community Hub on:

Monday February 23, 2015 Monday March 30, 2015 Monday April 27, 2015 Monday May 25, 2015

Monday June 29, 2015 12pm-2pm

Thanks to Donna Robinson

Kennedy and Antrim Safety Concern

The no through sign at Kennedy and Antrim is not visible enough for drivers. There continues to be numerous accidents in the same location. With regards to pedestrians' right of way, the existing yield signage is also inadequate. To prevent accidents and serious injuries to pedestrians the signs needs to be on both sides of the east and west poles. Improved signage prevents accidents and injuries to pedestrians. The no through sign is not sufficiently obvious.

Did you know ? Painted surfaces are treacherous to traverse on rainy slushy days.

Thanks to Sandra Low

STOP study workshops to help people quit smoking

Toronto Public Health is partnering with the Centre for Addiction and Mental Health to provide STOP Study workshops in several Toronto locations. The STOP (Smoking Treatment for Ontario Patients) Study is a treatment study using nicotine replacement therapy (i.e. nicotine patch) to help people quit smoking. You may be eligible to participate in this study. To find out more and see if you qualify, call Toronto Public Health (416) 338-7600. Monday to Friday, 8:30 a.m. to 4:30 p.m. Screening takes less than 5 minutes to complete. Confidentiality is assured and medication is free of charge.

Thanks Randa Bronte-Tinkew

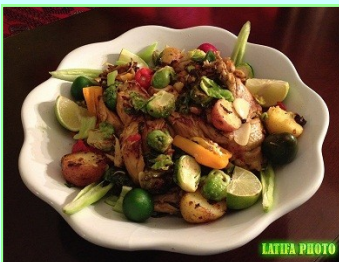


Each April, Dorset Community Gardening program welcomes individuals to participate in community gardening. We have joined the Dorset Community garden for the past three and a half years, and I would like to share some of my experiences doing gardening with my 7 year old daughter Sadia Quraishi. It was a good opportunity and pleasant experience for the both of us .During our gardening time, I encouraged her to practice what she has learned in school. She enjoyed the experience and shared this with her friends and classmates.

Community Gardening is a means of using available space to grow food, to supplement our food budget, flowers to beautify our neighbourhood and attract butterflies and insects to nourish the soil and a meeting place for friends to work together. The food you grow yourself is the freshest food you can eat. Not to mention that home grown food tastes better. There is a thrill about picking your salad from the garden, and also sharing crops with fellow gardeners and neighbours.

I highly recommend every one join such programs for several reasons. To start with, gardening really is exercise. The physical benefits of gardening are often discounted because people don't think of it as "real" exercise. Gardening offers the same benefits as other forms of exercises we do .Did you know that you can burn as many calories in 45 minutes of gardening as you can in 30 minutes of aerobics? Depending on the task that you are doing, you are using many different muscle groups, while increasing your flexibility and strength.

Lastly growing your own vegetables and cooking just seem to go hand in hand. I would like to share some pictures from our own community garden grown vegetables that we have harvested. These are our favourite old and new family recipes. I am sure you will enjoy cooking together as much we did and it is a very good way to encourage our kids and get them in to the kitchen and learning the benefits of these wonderful hobbies.



Thanks to Latifa Quraishi



Charmaine has been volunteering with the food bank for over 2 years. She has great relationships with the clients and she is always happy to serve them. We were very happy when Charmaine approached us in wanting to do something special for the food bank clients for the holiday season. Charmaine wanted to provide a dinner filled with fun activities for the children and entertainment for the adults with dinner. With a little help from the DP Hub team this vision of hers came true on December 19th.

Charmaine recruited some other volunteers from the food bank and planned this event. She got some items donated and some she purchased. A total of 15 families attended the dinner. The kids enjoyed a magic show and the adults enjoyed some fun holiday games. They had an elaborate dinner with salmon, turkey and pasta. The families took pictures with the Christmas tree and the children went home with a gift in their hand. What Charmaine did for those families was memorable. We want to take this time to thank Charmaine for her dedication to the food bank and to Agincourt Community Services Association.

Thanks to Charmaine Vincent

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. Safety
- 2. Program/Services

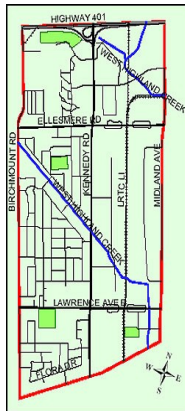
- 3. Food Security/Unification
- 4. Employment
- 5. Communications

If you would like to get involved please call 416-292-6912 ext 315

www.DorsetPark.com

Call for Submissions

Everything about the Community



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

gimalsan@agincourtcommunityservices.com

416-292-6912 ext 316

Printing courtesy of

	<p>CHILDREN'S AID SOCIETY <i>of</i> TORONTO</p>	<p>LA SOCIÉTÉ DE L'AIDE à L'ENFANCE DE TORONTO</p>
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