

~ RIPPLES FROM THE CREEK ~

HAPPY HALLOWEEN



BOO to you, from the Newsteller crew!

CHECK out RIPPLES FROM THE CREEK ONLINE AT:

<http://nchc1981.webs.com/>

EATC ~ Jimmy C.

Dear Members:

I wish to introduce myself as the new President of Neilson Creek. I am Winsome Smith and live at 235 with my son and a whole bunch of male relatives.

First of all, I want to thank Donna McGhee for her long dedicated and tireless service to all the members. She volunteered for many years and we certainly appreciate her hard work.

An issue that has been brought to my attention is that we have children - young children - outside on their own without any supervision. All children young and older need supervision.

Let's try to remember the golden rule - treat others as you would want to be treated. Respect your neighbours.

Thanks to those who voted for me and I look forward to working with all the members. It takes the entire Co-op to participate to make it a great place to call home. Make sure you give your 4 hours a month or participate on a committee.

Winsome Smith

Membership Committee

The waiting list is almost depleted; therefore we recently held an information session that went very well. We are now waiting on the applications to be returned so that we can start the interview process.

Yvonne

Dear Members:

There is always so much that goes on in the Co-op that many are not aware and that most of that is 'good stuff.'

For example, did you know that I nominated six members for the Century of Co-operation Award given by the Co-operative Housing Federation of Toronto? At an awards ceremony at Toronto City Hall in October, the following Neilson Creek members were recognized for their Century of Co-operation. Congratulations to:

- ***Peggy Westacott***
- ***Chuck Matthews***
- ***Betty Matthews***
- ***Maurice Tucker***
- ***Ken Creaser***
- ***Lynn Jones***

CHFT will be presenting Neilson Creek with the 2009 Garden of Distinction Award in November.

Last year, Ed Tapley was awarded the prestigious Unsung Hero Award. Further, we received the Outdoor Garden Award and Garden of Distinction Award. Visit the CHFT web site for pictures..

I have been in contact with both the YMCA and City of Toronto, Youth Outreach Workers in an effort to establish some sort of program(s) of interest for our youth. I will be sending out a note to each house asking for the youth of the Co-op for their input. What would they like to see run in the Co-op for them? In co-operation with The City of Toronto and a few dedicated members, we hope to get something up and running that the youth would enjoy. If there is any input you would like to offer, please do so..

If you would like to borrow the hockey nets for yourself and/or children for the courted area at the bottom of 245, please see #81. They hold the key to the locked hut and will happily open it to lend out the hockey net..

After a successful start last year a darts league will be starting soon. If you are interested see #61.

In closing, I want to remind everyone of the 'good stuff' at Neilson Creek.

Never overlook it!

Deborah

History of Halloween

Halloween is a holiday celebrated on the night of October 31st. Traditional activities include trick-or-treating, bonfires, costume parties, visiting "haunted houses" and carving jack-o-lanterns. Irish and Scottish immigrants carried versions of the tradition to North America in the nineteenth century. Other western countries embraced the holiday in the late twentieth century including Ireland, the United States, Canada, Puerto Rico and the United Kingdom as well as of Australia and New Zealand.

Halloween has its origins in the ancient Celtic festival known as Samhain (pronounced "sah-win").

The festival of Samhain is a celebration of the end of the harvest season in Gaelic culture. Samhain was a time used by the ancient pagans to take stock of supplies and prepare for winter. The ancient Gaels believed that on October 31st, the boundaries between the worlds of the living and the dead overlapped and the deceased would come back to life and cause havoc such as sickness or damaged crops.

The festival would frequently involve bonfires. It is believed that the fires attracted insects to the area which also attracted bats to the area. These are additional attributes of the history of Halloween.

Masks and costumes were worn in an attempt to mimic the evil spirits or appease them.

Trick-or-treating, is an activity for children on Halloween in which they visit house to house in costumes, asking for treats such as candy with the question, "Trick or treat?" The "trick" part of "trick or treat" is a threat to play a trick on the homeowner or his property if no treat is given. Trick-or-treating is one of the main traditions of Halloween. It has become socially expected that if one lives in a neighborhood with children one should purchase treats in preparation for trick-or-treaters.

Hallow means Saint! The evening of October 31st is followed by All Saint's Day. A hundred years ago Halloween was called All Hallows's Eve (in the old Celtic language hallow meant saint), it was then modified to All Hallowed Eve, then modified again to All Hallow E'en and finally Halloween!

Make Your Own Halloween Costumes

Scarecrow: Using an over sized flannel shirt, faded blue jeans with patches, rope for belt and to tie at the cuffs of the jeans and sleeves, stuff the shirt and jeans with plastic grocery bags, or paper, let a little bit of straw hangout of jeans and shirt. Add a little bit of make-up.

Old man: Dark paints (cuffed), and jacket, any dress shirt, mans flannel hat, walking cane. Gray the hair, with any of the store bought temporary colors, or dust with a little flour..

Old woman: Old style dress or skirt, knee-hi stockings rolled down a little, and a large black purse..

Your chance to be a Real Nerd: Slick back your hair, grab some paints that are too short, white shirt, white socks, penny loafers, or lace up shoes, pocket protector, with lots of pens, dark rim glasses (don't forget to tape the corner, or at least paper clip it) briefcase, or backpack for treat bag..

Static Cling: Wear anything! A solid color is good (all white or all black). Use safety pins and pin anything to yourself (ie. socks, underwear, bounce sheets, etc.) You can also hair spray your hair straight up..

Turtle: Wear all green with a piece of Bristol board attached to the back. Simply cut the Bristol board into a large oval shape for the shell and make random marks like a turtle shell and paint it..

Puppy: Brown, tan or white, either paint, or pin paper spots on. Make floppy ears and bobby pin to hair over your ears. The tale can be almost anything, depending on what type of doggie you wish to be. Add a little make-up and voila..

Kitten: Gold, brown, tan, white. Make ears from construction paper and attach them to a head band or bobby pin into your hair..

Basket of laundry: Wear track pants and sweatshirt if it is cold. Take a thin plastic laundry basket and cut a hole in the bottom that you can fit through. Make it small enough so that is "sits" on your hips after you pull it over your head. Fill the basket with laundry and Din a few fabric softener sheets to your sweatshirt.

HOMEMADE FACE PAINT RECIPES:

Facepaint Recipe #1

1 tsp. Cornstarch

$\frac{1}{2}$ tsp. Cold cream

$\frac{1}{2}$ tsp. Water

Food coloring (Variety of colors)

Mix together cornstarch and cold cream until well blended. Add water and stir. Add food coloring one drop at a time until you get the desired color.

Fake Blood for Halloween Party Make-up

corn syrup

Red and blue food coloring

Milk

Add some red food coloring to the corn syrup, then just a drop or two of blue to get a more realistic dark color. Milk will make the blood appear more opaque and more realistic. Note: This mixture is sticky and can stain clothes.

More Fun Make-up Tips:

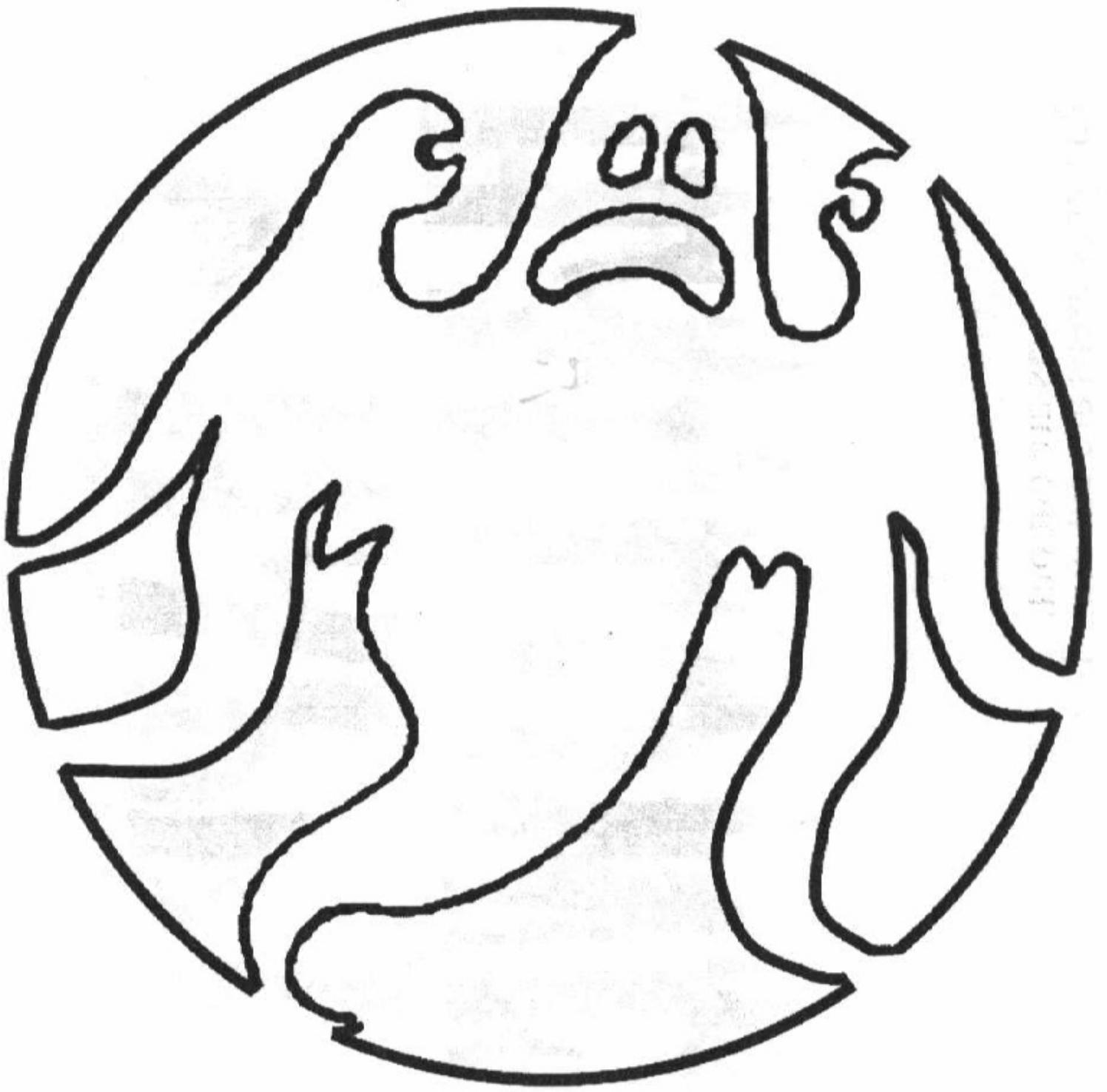
To lightly blacken faces, carefully burn a cork and when cool, rub on the face.

For a ghoulish look, add a dusting of flour to already made up faces.

For a stubbly bearded look, sprinkle tobacco over a thin layer of Vaseline.

A stencil for a Halloween decoration. The word "HAPPY" is in a simple, blocky font. The word "HALLOWEEN" is in a gothic, jagged font with pointed bottoms. Two bat silhouettes are positioned on either side of "HAPPY". The entire design is set against a white background with grey areas indicating where to cut out.

The grey areas are cut out. The white areas are still pumpkin



The grey areas are cut out. The white areas are still pumpkin

What you need to know before receiving the H1N1 Flu Vaccine

Influenza, commonly known as the flu, is a respiratory infection that is caused by a virus. The H1N1 flu virus is new, so people have little or no natural immunity to it. The H1N1 flu virus spread quickly around the world and in June 2009, the World Health Organization declared an influenza pandemic.

The flu is transmitted from person to person via the respiratory route. Coughs and sneezes release the germs into the air where they can be breathed in by others. Germs can also rest on hard surfaces like counters and doorknobs, where they can be picked up on hands and transmitted to the respiratory system when someone touches their mouth and/or nose.

Symptoms almost always include the sudden onset of cough and fever, commonly include fatigue, muscle aches, sore throat, headache, runny nose and decreased appetite, and sometimes include nausea, vomiting and diarrhea. People of any age can get the flu. Most people are sick for two to seven days, although the cough may last for weeks. The flu can sometimes lead to serious complications, including pneumonia, hospitalization, and even death.

Groups at risk of complications from the H1N1 flu virus include children under five years of age, especially those less than two years old; women who are pregnant; and people with chronic conditions such as heart/liver/kidney disease, blood disorders, diabetes, severe obesity, asthma, chronic lung disease, people with compromised immune systems, and those with neurological disorders.

Who should get the H1N1 flu vaccine and when?

Adults and children six months of age and older should get vaccinated to protect themselves and their families from the H1N1 flu virus as soon as it is available. The H1N1 flu vaccine is particularly important for people at risk of complications from the flu and those in close contact with them.

Note: if you are pregnant or think you could be pregnant, tell your health care provider as this may affect the vaccine recommended for you.

How well will the vaccine protect against the H1N1 flu virus?

Most people will develop immunity in about 10 days after the H1N1 flu shot. Clinical trials have shown 85% to 98% of healthy adults developed an immune response strong enough to offer protection against the virus.

The vaccine may not work as well in people who have problems with their immune systems or who are taking medication that affects their immune systems, however it is still very important for these people to be vaccinated.

How safe is the H1N1 flu vaccine?

Clinical trials from several countries around the world have shown the H1N1 flu vaccine to be safe and effective for protecting yourself against the H1N1 flu virus. The H1N1 flu vaccine is produced in a similar manner to seasonal flu vaccines, which have been used safely and effectively in Canada for many years.

The H1N1 flu vaccine contains an adjuvant, which is an ingredient made of naturally occurring oil, water and vitamin E that boosts the body's immune response and increases the vaccine effectiveness. This same adjuvant was tested in 45,000 people and did not identify any safety concerns for healthy adults or children. However, the adjuvant was not tested widely in children under three years and pregnant women.

<http://www.phac-aspc.gc.ca/alert-alerte/h1n1/vacc/know-savoir-eng.php>

What are the risks from the H1N1 flu vaccine?

The H1N1 flu vaccine contains trace amounts of dead virus, so you cannot get infected by the vaccine. The side effects are generally similar to those associated with the seasonal flu vaccine.

Most common reactions after getting the H1N1 flu vaccine were minor and included pain, swelling and redness at the injection site. Other commonly reported reactions were fatigue, muscle and joint pain, and headache. In younger children, a fever, drowsiness, irritability and loss of appetite were also reported in low levels. Serious and life-threatening reactions are very rare.

Very common:
(10%) Headache; tiredness; pain, a hard lump at the injection site; joint pain.

Very common:
(1% - 10%) Warmth, itching or bruising at the injection site; increased sweating/shivering, flu-like symptoms; swollen glands in the neck, armpit or groin.

Uncommon:
(0.1% - 1%) Tingling or numbness of the hands or feet; sleepiness; sleeplessness; dizziness; diarrhea, vomiting, stomach pain, feeling sick; itching or rash.

All of these side effects usually disappear within 1-2 days without treatment. If they persist, CONSULT YOUR DOCTOR.

A more serious illness called Guillain-Barre syndrome (a severe paralytic illness also called GBS) has occurred very rarely after the administration of seasonal flu vaccine. All age groups can be affected but GBS is most common in the elderly population.

Who should not get the H1N1 flu vaccine?

The H1N1 vaccine is not authorized for use in children younger than six months of age.

You shouldn't get the H1N1 vaccine if:

- you have had a previous anaphylactic (severe allergic reaction) to any element of the vaccine;
- you have a hypersensitivity to eggs (e.g. hives, swelling of mouth and/or throat, breathing difficulty);
- you currently have a high fever; or
- you have experienced Guillan-Barre Syndrome within eight weeks of receiving a seasonal flu vaccine

If you have had a severe reaction to previous vaccinations, are pregnant or may be pregnant, have a bleeding disorder, are taking medication that could affect blood clotting, you should consult a health professional before receiving the vaccine.

Be sure to read this entire sheet thoroughly before receiving the H1N1 flu vaccine. If you have any questions about the flu or the flu vaccine, please discuss them with your health care provider before receiving your vaccine.

<http://www.phac-aspc.gc.ca/alert-alerte/h1n1/vacc/know-savoir-eng.php>

DID YOU KNOW?

Ontario Cell Phone Ban

The Ontario cell phone ban kicked in on Monday, October 26, 2009. Ticketing doesn't start until February 1st of 2010. That gives you some time to adjust to the change, but if you do get caught, you can be hit with a ticket as high as \$500.

Clean Roads to Clean Air Program

Road dust is a major source of fine particulate matter in the air. The City of Toronto intends to replace worn-out street sweepers with more advanced street sweepers capable of removing and containing more than 90 per cent of the fine road dust from road surfaces. In addition to benefiting air quality in the vicinity of city streets, the new equipment will reduce the amount of fine road dust washed down catch-basins into the sewer system.

Vehicle Idling

Contaminants from vehicle exhaust are major contributors to deteriorating air quality in Toronto. The City of Toronto's Idling Control Bylaw is intended to discourage the unnecessary idling of cars, trucks and buses in the city in order to help fight air pollution. The bylaw limits idling to no more than three minutes in a 60-minute period (with exceptions during extremely hot or cold weather). The City is working in partnership with the Toronto Police Service to enforce the bylaw, though the emphasis is on public awareness and general support for voluntary compliance.



Toronto Transit Commission

Revenue Down, Fare Hike Possible...

TTC fares could go up in 2010 as the transit service deals with a revenue shortfall this year. Even though ridership is up, more people are buying cheaper transferable Metropasses instead of paying full fares for each ride.

TTC signs \$1.2-billion contract to buy 204 new streetcars



New low-floor streetcar & light rail vehicles

The Toronto Transit Commission announced it has officially signed its \$1.2-billion contract with Bombardier for 204 new low-floor streetcars. The deal, first announced in April, calls for delivery of a prototype vehicle by 2011, with passenger service on the first of the new streetcars to begin in 2012, the TTC said in a statement. All 204 cars are to be delivered by 2018. The new streetcars will replace the current fleet of 248 streetcars purchased in the 1970s and 1980s. Among other things, the new streetcars will be low-floor, quieter and come with air conditioning, and will be able to carry almost twice as many people as the current models.

Car Care Tips for the Winter

To ensure that your car is in optimal running condition for the changing seasons it is important to give it a once-over a couple of times a year. You can do it yourself or take it to a local repair shop. As temperatures begin to fall, and daylight hours shorten, the extreme weather season is creeping up, increasing the likelihood of a breakdown.



Here are some car-care tips to keep your engine & vehicle performing properly as the temperature begins to drop.

- Check your anti-freeze for proper strength. It should be good to -35 degrees Celsius.
- Check your windshield wiper blades.
- Check your motor oil.
- Wiper-washer fluids... keep your reservoir full with winter washer fluid.
- Check your other fluid levels: brake fluid, power steering fluid, and automatic transmission fluid
- Check Belts and Hoses: Check all rubber belts and hoses. If they are cracked, frayed or worn replace them.
- Check your tires and tread depth. Depending on local driving conditions, remove the summer tires and install a set of snow tires (or at least all-season tires).
- Check your Battery, Electrical System: Check your battery and charging system.
- Check the headlights, taillights, reverse lights and signaling lights for problems.
- Keep your gas tank full, and keep it above half-full at all times.
- Double-check rear window defroster.
- Winter emergency kit: heavy duty jumper cables, flashlight, emergency flares, ice scraper, snow brush, small shovel, abrasive material (sand, kitty litter), blanket, gloves, heavy socks, winter boots, tire chains for snowy areas.
- Plan your route and allow plenty of time.

Ways to Save Money on Gas

With the crazy prices of fuel these days, many people have had to tighten their budgets to make room for more spending on gas. Here are some ways to save on gas:

- Maintain your vehicle. A vehicle that runs smoothly uses less gas than one that is poorly maintained.
- Keep your tires inflated. Savings on gas isn't huge, but it does make a small difference.
- Don't drive during rush hour. Getting stuck in a traffic jam, and stop-and-go driving, is one of the worst ways to waste gas.
- Remove weight. Having more people and more stuff in your car drags the car and requires more fuel.
- Minimize idling. One of the worst offenders in lowering your gas mileage.
- Drive slower. Driving the speed limit is more fuel efficient than speeding.
- Accelerate and brake easier. Driving too aggressively, especially starting fast and braking fast, is bad for fuel economy.
- Use higher gears. Driving fast in low gears is bad for fuel economy as well. Drive in as high a gear as possible, unless you're down-shifting in order to slow down or control speed.
- Buy a fuel-efficient car. Actually, this is the most important tip on this list. A heavier car wastes gas.
- Roll up windows on highway. It actually creates a strong drag if you are driving fast with the windows down, and is worse for your fuel economy.
- Don't top off. Topping off while you are filling up your tank is a waste of gas, as any gas that you top off will spill or otherwise be wasted.
- Park in shade. A hot car evaporates gas. If it's a hot day, park in the shade, and use your garage.
- Walk or Cyle.
- Group errands. Instead of doing one or two errands a day, try to group them all on one day.
- Carpool. Take rums driving each other to save gas for all of you.
- Use cruise control. This method has actually been proven to save a lot of gas.
- Don't buy hot gas. Buy gas during the morning or evening hours, when it's cool, or you will be buying gas at a time when it's expanded (and thus getting less).

TEEN DRIVING TIPS

The leading cause of death among teens is car accidents. Teen drivers are youthful, energetic, and assume they are invincible. So why do we still hear of a teen that got killed in a drag race, crashed into a tree or building drunk, or caught speeding through a school or playground zone. Travelling at 50 km per hour (13.9 in/sec) into a crash is the same as falling from a 4 storey building and hitting concrete. The same accident at highway speeds (100 km/hour) doubles the speed and quadruples the force of impact. The only thing saving you from crashing through a shattering windshield are your seatbelt and the airbag in front of you.

Here are some typical teen mistakes:

- Always wear your seatbelt. Just think what flying through glass will do to your face and body.
- Don't talk on your cell phone while driving. It ties up half your brain and one of your hands. Using a hands-free phone is better, but it is best to pull over and stop to talk.
- Don't EVER drink and drive. Not even after just one drink. And don't be passengers in a car where another driver has been drinking.
- Don't let your passengers dare you to run red lights or drive faster. They're not the ones who go to jail, or pay the tickets.
- Don't drag race. You or your passenger can die, or an innocent bystander does when you lose control.
- Learn all the blind spots on your car by having someone slowly walk around the car as you watch in the mirrors
- Schedule your trips and your time so you don't have to rush, speed, or making hasty decisions in traffic
- Signal lane changes a few seconds before actually doing so, so other drivers can shift speed and direction accordingly
- Use the three-second rule when driving behind cars so that you won't crash into them when they stop suddenly. Give more time for trucks since they stop slower, and you can't see around them to anticipate their stopping.
- As the driver, you have authority & responsibility not to drive anywhere until ALL passengers are wearing seat belts. Never have more people in the car than seatbelts, either!



In the laundry room

- Wash or adjust the setting to the size of load you are washing (small, medium, large).
- Wash in cold water. Many of today's detergents work well in cold water.
- Consider a front-loading washer — they use less energy and water. Toronto Water offers rebates on high efficiency, front-loading washing machines.
- Hang clothes outside to dry.
- Clean the lint filter after each load to maintain airflow and efficiency.
- Drying several consecutive loads means the dryer has to heat up only once.

In the kitchen

- Run your dishwasher only when it's full.
- Clean the condenser coils on the back of your fridge.
- Make sure the fridge door fits tight and replace damaged seals.
- Allow foods to cool before placing them in the refrigerator.
- Use pots with tight fitting lids - the food cooks faster. And use pans that match the size of the burner.
- Use a microwave oven when possible.
- Don't open the oven door to peek at cooking food.
- Electric kettles use less energy than boiling water on the stove.
- Use reflector foils or pans under electric stove elements to reflect heat.

Reduce the shock of your electricity bill

- Appliances and electronics can really add to your energy bill, especially since many use stand-by power when not in use. This is what is often referred to as phantom load.
- Use the energy-saver option on your computer.
- Turn off your computer and accessories when not in use.
- Unplug any adapters when they aren't charging your device — cell phone chargers, mp3 players, etc.
- Use a power bar with an integrated timer to automatically cut the power to your home entertainment or computer centre when you know it won't be needed - overnight, for example.
- When purchasing appliances or home electronics, follow the Energuide rating, and look for the ENERGY STAR symbol.

Bright ideas

- The brightest idea when it comes to lighting in your home, is to replace your old incandescent light bulbs with new energy efficient compact fluorescent bulbs. CFLs use 75% less energy and last for at least 5 years!
- Holiday lighting can be energy efficient too. Replace your old strand of incandescent lights with a new set of LED lights. LEDs come in a variety of colours, shapes and sizes and most important use up to 95% less electricity.
- Find out more about LEDs from. [Link to Toronto Hydro.](#)
- Replace frequently-used outside lights with motion detecting lights.
- Install timers for frequently-used outdoor lights.
- Replace old halogen floor lamps with compact fluorescent versions.

RESOURCES

FOR

YOUTH

1. Various resources for girls, boys and parents
2. Tips to deal with bullying
3. Tips to help someone you see being bullied

Justice for Children and Youth:

www.jfcy.org

Information regarding family issues. Youth criminal justice, leaving home, school, age based laws/rights
There is also an online "Ask a Lawyer" available for youth.

Kids Help Phone:

www.kidshelpphone.ca

24 hour phone line for children who are experiencing difficult life events; things they are unable to share with an adult. There are phone or online counselors and a discussion sections so that they can speak with other that are their own age with similar issues. There is also an information library that advises parents or children about various issues including: bullying, becoming an adult, coping with strong feelings, dating, family life, friendships, girls health, guys health, independent living, school and violence and abuse.

YWCA Girl Space:

www.ywcagirlspace.ca

YWCA GirlSpace is a website for pre-teen and teen girls that focuses on self, personal achievement and building on self esteem. This site provides girls with information about being in healthy relationships, self esteem building, media, bullying, violence against women, body image, decision making, internet safety sexual health, mental health, physical health, nutrition, substance abuse and addictions, your rights, budgeting, anti-racism.

YWCA Toronto:

www.ywcatoronto.org

YWCA Toronto provides services for Young Mothers between the ages of 14-22 years of age and their children. They provide life skills/parenting groups, children's groups, parent/child interactive groups. They also provide a girls group for ages 10-18 and provide mentorship and leadership training. They address education and skill development, volunteering/leadership training, violence prevention and social/physical well-being.
The YWCA is located at 3090 Kingston Road, Ste 101, 416-266-1232

Community Solution to Gang Violence:

www.csgv.ca

Although based in Alberta, this website provides excellent information regarding gangs, to increase understanding of the conditions, dynamics and realities relating to gangs. The website provides tools and services to promote positive youth development and encourage young people to avoid being drawn into gangs.

Community Resources

Special Apprenticeship Program:

416-849-4421

www.operationspringboard.on.ca

3195 Sheppard Ave E, Unit 1A

For youth 18-24 yrs old, training and job placements in the construction trades

* capacity 16

* partnership with Labourers International Union (LIUNA), Local 183

East Metro Youth Services

416-438-3697

www.emys.on.ca

1200 Markham Rd, Ste 200

Individual and family counselling

* support groups for parents

* Day Treatment Program for youth with emotional, social and behavioural issues affecting their ability to function in school

* Intensive Child and Family Service Program — mental health counselling for youth at risk of, or experiencing a breakdown of relationships at home, and other difficulties

Multimedia and Journalism Program - multimedia, journalism and social skills for marginalized youth

* emphasis on violence prevention and media literacy

Respect In Schools Everywhere (RISE) Program - youth led school based violence prevention program for grades 7-12

* addresses bullying, cyber-bullying, dating violence and harassment

* available to schools and community agencies — fee

Violence Intervention Project

www.violenceinterventionproject.com

— wide range of services to schools, community centres and other youth-serving organizations organizing and hosting violence prevention forums

* framework for youth to contribute ideas for addressing community safety concerns

Tropicana Community Services Organization

416-296-7154

www.tropicanacommunity.org

300 Borough Dr

Youth drop-in centre

* information and referral

* health information, parenting support, prenatal classes for clients 13-21 years

* homework club, tutoring, volunteering

* job postings

* participates in CAP (Community Access Program) — free Internet access

* Scarborough Youth Council

* recreation and discussion groups

One-on-One Internship Program — wage subsidy program to help youth 17-29 years obtain full time employment

* must be out of school, unemployed, legally entitled to work in Canada and not eligible for Employment Insurance (EI)

Newcomer Services for Youth

416-396-5323

4383 Kingston Rd

Settlement information * translation and interpretation * mentoring * homework club * tutoring * computer skills workshops * resume writing, interview skills * career planning * job search assistance * volunteer opportunities

South Asian Family Support Services

416-431-4847

www.safss.org

1200 Markham Rd, Stes 214 & 221

volunteer recruitment and training * outreach * advocacy * cultural activities

School of Advancement

Career and College Transition Program for Youth

416-289-5000 ext 4350

www.centennialcollege.ca/advancement

Ashtonbee Campus, 75 Ashtonbee Rd

Youth 18-24 years without a high school diploma

Basic academic upgrading * courses include communications, mathematics, computer literacy skills and career development/employability skills * may assist with TTC costs * subsidies available for eligible individuals who want to train for employment through an apprenticeship program

Victim Services Toronto

416-808-7066

24 hrs, 365 days

Victim services is a non-profit organization that supports victims of crimes or sudden tragic circumstances restore and enhance their quality of live and assist in preventing re-victimization. Immediate on-site support and crisis intervention * Assessment of victims' needs * Violence prevention * Safety services * Counselling * Advocacy * Outreach

Youth Recreation

Alex Manoogian Cultural Centre:
930 Progress Avenue
www.agbutoronto.ca

Armenian Social and cultural events

- sports program for youth
- summer camp
- orientation
- library

Boys and Girls Club of East Scarborough:
100 Galloway Rd

www.esbgc.org

Social and recreation programs

- day camps
- homework club
- computer clubs
- leadership training
- literacy, Stay in School — tutoring and mentoring for youth at risk of leaving school, after school programs for children and youth 6-14 years
- evening drop-in programs for youth 15-19

Parks & Recreation:

Parks & Recreation hosts a variety of activities for people of all age groups for a fee. If you are unable to pay the fee they have a subsidized plan call the "WELCOME POLICY". You simply fill out the application and make an appointment at the closest recreational facility with a staff person designated to review the forms. They will also be able to advise you what recreational programs are available to you at that time. All you need is the filled out application, identification for yourself and/or your children, proof of your address and proof of income.

Applications available at Heron Park CRC

Variety Village:

3701 Danforth Ave

Variety Village is a recreational facility that is for everyone with a priority to the physically, developmentally or medically disabled. Their facility is welcoming and accommodating to everyone, they also have subsidized fees available for anyone who is financially eligible.

YWCA - Scarborough

3090 Kingston Road

The YWCA offers a variety of programs for female youth to support girls in their growth and having positive self-esteem. Girls Night (Ages 12-18) Thursdays 5pm - 7:30

- Dance 6 wk program (Ages 15-18) 5pm - 6:30pm
- Design n Wear (Ages 13-18) Mondays 4:30pm - 6:30pm Design your own fashion
- Girls Book Club (Gr 6 -8) explore and discuss new books Saturdays 1pm - 2:30pm
- Youth Lounge 3:30pm - 5pm Mon, Wed, Thurs, Fri
- Creative Movement and Drama 4 wk program (Ages 10-12) Wednesdays 6pm - 7pm

I'm Being Bullied, What Should I Do?

Click on the appropriate link from Kids Help Phone (***please allow popups***)

[Up to 8 years of age](#)

[9 - 12 years of age](#)

[13 years of age and up](#)

311 - Easy access to non-emergency City services and information

Dialing 311 provides residents, businesses and visitors with easy access to non-emergency City services, programs and information 24 hours a day, seven days a week. 311 improves accessibility to non-emergency City services and information, and will increase the City's effectiveness in responding to public inquiries. Not sure how to report a pothole? Need to request pick-up of an old appliance? Looking for a program at your local community centre? Simply call 311. Our customer service representatives are available to assist you 24 hours a day, seven days a week.

311 is for non-emergency City services, programs and information. 311 Toronto uses state-of-the-art technology to track requests for service. Where applicable, callers making a service request will be given a reference number that they can use to track the progress of their request through to completion. The list of track-able services will continue to grow as the 311 operation expands. The 311 Knowledge Base holds 15,000 answers to a possible 13,800 questions.



Did you know that a two-stroke mower can be more polluting than a car?

According to Environment Canada, running your gas-powered lawn mower for one hour is equal to driving a new car between 320 and 480 kilometres. That's like driving from Toronto to Ottawa!

Employment Resource Centres

Employment and Social Services has 14 Employment Resource Centres across the city. Each centre is staffed with trained Career and Employment Information Specialists; Staff can provide you with the help you need to reach your education and employment goals. No appointment is necessary.

When you visit an Employment and Social Services Employment Resource Centre, you will find tools and resources to help you with your job search. Services are free, available to all city residents and include:

- coaching and guided job search support, with information on resume writing, interview skills and more
- access to computers, the Internet, printers, fax machines and telephones
- Career Cruising, an easy to use online resource to help you explore education and employment paths
- career development workshops and job fairs
- books and other printed materials, and information about:
 - Employment and Social Services' benefits and supports
 - community and government resources
 - career planning
 - the labour market
 - volunteering and work experience
 - upgrading your education, post-secondary options and skill training
 - supports for people who are working



1225 Kennedy Rd, Unit I, Toronto, M1P 2L4

416-392-2749 Monday to Friday from 9 a.m. to 4 p.m.

From Kennedy subway station, take the 43 Kennedy North bus to 1225 Kennedy Road.