

POINT *by* POINT

Issue 18

Spring 2006



POINT honours our volunteers!



"The Great Garden Adventure"

Back by Popular Demand

July 4 – August 24, 2006

Two mornings per week
in the

Eglinton Park Heritage
Community Garden

An interactive children's gardening
program, developed by POINT
for children from ages 4-7

Presented in partnership with the
North Toronto Green Community
(closed registration)

POINT by POINT
Newsletter
sponsored by

*The Rotary Club
of
Toronto-Forest Hill*



Keep Your Teens Safe



POINT is a member of the Youth Support Network - North Toronto. This Network is a coalition of agencies/resources, community representatives and parent/youth advocates who meet regularly to discuss issues facing youth in North Toronto. The Network shares and promotes information, resources, services and projects of benefit to youth and their families and then takes this information back to the broader North Toronto community. The following

agencies are current network members: Delisle Youth Services, Toronto Public Health, Youth Inc., People and Organizations In North Toronto (POINT), Toronto Parks and Recreation, Parent Advocates, Toronto Police Services — Youth Divisions, Parents in Transition, The Anne Johnston Health Station, The Fairlawn Neighbourhood Centre, Northern District Library, and Sunnybrook & Women's College Health Sciences Centre — Division of Youth Psychiatry.

One of the ongoing issues of concern is the safety of youth in various social situations. The Youth Support Network has recently undertaken some research on the topic of teen parties and put together a brief document to assist parents in discussing this issue with their teens, entitled "Parenting Tips for Teen Parties".

✓ **Develop a Strong Bond:** Talk with your teen about parties, peer relationships, drugs and alcohol. Find the right time to connect. Let your teen know where you stand on the issues, but *don't* lecture. Use "teachable moments" that are quick chats in passing — not lectures or long-winded discussions. The key to being a good parent is being a good listener. Ask your kids regularly what they think and how they feel about their social life. Work on building a trusting relationship with your teen and maintaining open dialogues.

✓ **Set a Good Example:** Don't drink and drive! Consider creating a contract that you and your teen each sign, promising never to

drive if you are under the influence of drugs and/or alcohol. (See www.madd.org) Socialize with your own friends and family without using alcohol so that your teen can see that having fun does not require the use of alcohol.

✓ **Be Available:**

Promise to pick up your teen if they need a ride home or feel they are in an unsafe situation. You can set up a password that only you and your teen understand so they can ask you for help without being embarrassed in front of their peers. Consider opening a taxi account for your teen. In Toronto, possible companies include Beck Taxi: 416-751-5555; Diamond: 416-366-6868; Co-op: 416-504-2667; Royal: 416-777-2757.

✓ **Know Your Teen's Peers:**

Make sure you can connect with your teen at all times. Ask for and keep a list of your teen's close friends including: full names, addresses and telephone numbers. Build links with other parents; exchange phone numbers. If parents don't know other parents, they become powerless.

✓ **Develop a Family Policy:**

Consider developing a family policy with your teen, regarding parties. The policy should clearly state your family rules concerning alcohol and other drug use. Set limits on teen parties on family property. Include: who can come, transportation, supervision, use of alcohol etc. When your teen is going out to a party, ask if the party will be chaperoned by parents and/or adults. Use this opportunity to discuss "what is a safe party". Discuss situations in which your teen should call police for help (vandalism, party-crashers, fights or other acts of violence etc.) whether at home or at other event. In North Toronto call: 32 Division at 416-808-3200 or 53 Division at 416-808-5300.

To view the full document which includes additional parenting tips and helpful resources for parents on teen parties, visit the POINT website at www.pointinc.org.

PEOPLE AND ORGANIZATIONS
IN NORTH TORONTO



Pointing the way.

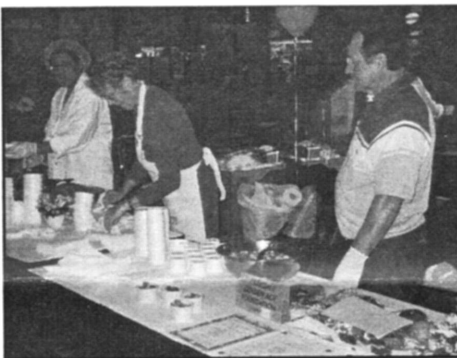
It just gets bigger and better!

A record 19 community agencies participated in POINT's 8th annual *North Toronto Community Fair* last October in the Yonge-Eglinton Centre. "We were able to take advantage of extra space when a vendor kiosk left the Centre Court area where we hold our Fair," said Janice Webster, Community Information Service Co-ordinator. "However, despite increasing demand from agencies wanting to join the Fair, we will have to reduce our numbers next year as a new larger vendor has arrived and there will be less space for us in the Centre Court."

We were thrilled to have the North Toronto Historical Society, the North Toronto Horticultural Society and the North Toronto Group of Artists participate in the *North Toronto Community Fair* for the first time this year. They joined POINT and the following agencies to show the breadth of local programs and services in North Toronto: Amnesty International, Group 65; Anne Johnston Health Station; Central Eglinton Community Centre; North Toronto Community Band; North Toronto Green Community; North York Women's Centre; Parkdale Golden Age Foundation; SAINTS (Student Assistance in North Toronto for Seniors); Self-Help Resource Centre; SPRINT (Senior Peoples' Resources in North Toronto); Sunnybrook & Women's College Hospital, Health Information Centre; Toronto Police Services, 53 Division; Toronto Public Health; Toronto Public Library, Northern District Library; and Yorkminster Park Meals on Wheels.

In addition to the informative display tables that filled Centre Court, the public was treated to the melodious voice of soul singer, Jay Douglas

over the lunch hour. It is a sight to see when people stop to sway and sing along! Also, artists from the North Toronto Group of Artists displayed some of their works. Once again, the public was treated to samples of free chili and fruit prepared by staff from the Parkdale Golden Age Foundation, (see photo).



(l to r) Joyce Pinnock, Gertrude Gurrard, Gerry Durette

POINT's *North Toronto Community Fair* is partially sponsored by the Yonge-Eglinton Centre Merchants Association. POINT is grateful to the following merchants who donated items or certificates for the draw prizes: HMV; Grand & Toy; Indigo; Gems & Jewellery; Cotton Ginny; and Reitmans. Timothy's World Coffee and A Buck or Two contributed towards refreshments and balloons respectively. It is a fun way for the merchants to support and participate in the Fair.

The Fair is a great way for local residents to learn about programs and services that exist in North Toronto. As Public Health Nurse Debbie Cameron from Toronto Public Health noted, "It is important to meet other professionals and volunteers who are the key players addressing issues in North Toronto."

COMMUNITY RESOURCES

Q: I have just immigrated to Canada and am living in North Toronto. There are so many things for me to learn. I need to understand how to access jobs and the education system, as well as health coverage for my family and me. Can you help me?

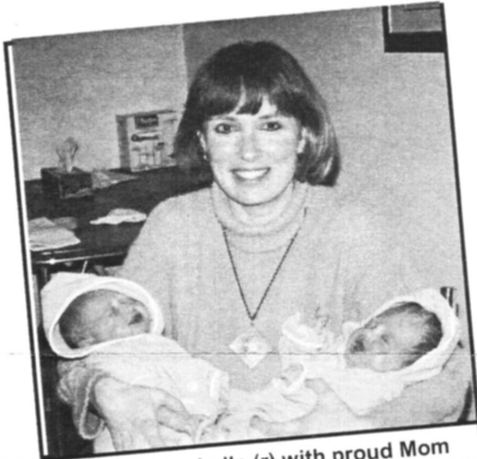
A: Welcome to Canada, and more specifically, North Toronto! There are many services available for newly arrived immigrants and you have come to the right place. First of all, let us explain what POINT can do for you. POINT is your local community information centre, so we try to link local residents with local programs and services. You can come to us as many times as you need to!

The first place we would direct you to is the website www.settlement.org. This is a very informative site managed by the Ontario Council of Agencies Serving Immigrants (OCASI) that is located in North Toronto. This website provides data on citizenship, consumer information, education, employment, health issues, housing, immigration, language and legal resources. If you do not have access to the internet, POINT has a free computer lab for North Toronto residents to use.

The settlement.org website allows you to download a booklet, *Your First Days in Ontario*, which explains the most basic and important things you need to know to make your initial stay here more comfortable. When you are ready, you can take the time to learn what programs and services are available to you at this website. Also, there is a discussion area at this website, which allows you to ask questions and get answers based on other immigrants' experiences. You will realize that you are not alone and there are others going through similar feelings and experiences as you.

Please contact us anytime when you need more information.

NEW ARRIVALS



Julia (l) and Isabella (r) with proud Mom

Diane Werner, Executive Director of POINT, and her husband, Ted Strzelczyk, are the very proud parents of twin baby girls.

They arrived on Saturday, October 29, 2005. Isabella Lusia, the first to be born, weighed 5.5 lbs and her sister, Julia Marie was 5.1 lbs. When Diane recently called the office, she said that "the babies are growing quickly and are a great joy". Diane plans to return to POINT in November and bring lots of baby pictures!

POINT WELCOMES WADY DYSON INTERIM EXECUTIVE DIRECTOR

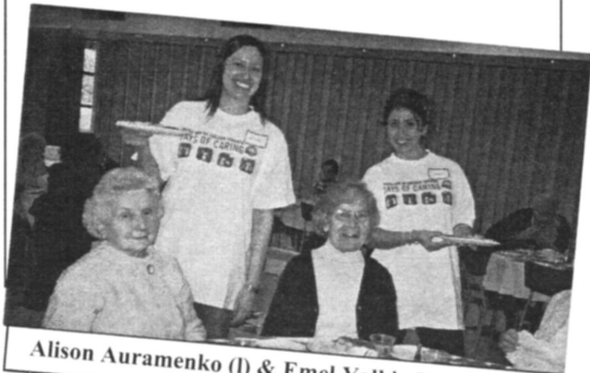
I am delighted to announce that Wady Dyson is POINT's interim Executive Director until December. Wady has a strong background in health, community development, education, training and advocacy in our sector, which includes positions on the Boards of several community-based organizations. This experience gives her a first-hand understanding of governance and community relations, funding issues, guiding change management and handling program prioritization challenges.

Wady has also served as the Director of the Research and Community Advocacy Centre, where she ran day-to-day operations, program management, policy development, financial planning, administration of funds and fundraising strategies. In her capacity, she designed a targeted evaluation program that proved crucial to ensuring the effectiveness and usefulness of programs, while serving as liaison between non-profit organizations and national and provincial government agencies, with liaison extending province-wide to over 200 agencies. In addition, Wady initiated a public relations program to promote community understanding and support for the organization's objectives. Please welcome her. Pat Taylor, Board Chair

UNITED WAY - DAYS OF CARING

POINT was delighted to participate once again in the 2005 United Way "Days of Caring" program. During "Days of Caring", United Way member agencies like POINT, are matched with volunteers who are recruited from workplaces that run United Way fundraising campaigns. The volunteers are given time off by their employers and spend the day working on the projects or activities under the supervision of agency staff or volunteers.

This year, POINT hosted three employees from Procter and Gamble Co. who assisted with the Seniors' Dining Program on Wednesday, November 23rd. Alison Auramenko, Karen Beaton and Emel Yalbir-Yalcin helped with the table set-up and the serving of meals to over 60 seniors that day! They thoroughly enjoyed their volunteer time assisting the senior diners and were enlightened as to programs such as this.



Alison Auramenko (l) & Emel Yalbir-Yalcin (r)

WITH SADNESS

Marie Smith, a longtime friend, volunteer and supporter of POINT, has passed away. Marie served on POINT's Board for at least two different terms during her volunteer career. Along with Robin, her husband, she generously supported POINT's many activities over the years. In 1998, POINT jointly awarded Robin and Marie the Sue Wilson POINT Volunteer Award for Dedicated Community Leadership, a tribute richly deserved for their many contributions to the life of our community. To Marie's husband Robin and their daughter Janet, we extend our sincerest sympathy.

Mark Your Calendar !

- ♦ **POINT Legal Advice & Government Form-Filling Clinic**
Every 2nd Friday-9:30 am - 12:00 pm by appointment only.
For more information call POINT at 416-487-2390
- ♦ **Great Garden Adventure** - July 4 – August 24, 2006, 9:30am – 12:30pm
Two mornings per week - closed registration
- ♦ Don't forget POINT's **free public internet access**, open Monday - Friday
9:30 a.m. - 4:30 p.m. Also, free one hour computer classes available.
Check our website for latest monthly calendar.

Seniors' Community Dining Program

Made possible through partnerships with: SPRINT, Parkdale Golden Age Foundation, POINT, The Departments of Parks and Recreation, and Public Health.
Location: North Toronto Memorial Community Centre, 200 Eglinton Ave. West.
Tickets (\$5.50) can be purchased at the POINT kiosk desk in the Community Centre.
To make a reservation call POINT at 416-487-2390. (Sunday Brunch \$6.00)

Wednesday Lunch	Friday Dinner	Sunday Brunch
May 3 Birthday Lunch & Bingo 10 Lunch & Learn 17 Lunch & Trivia 24 Lunch & Learn 31 Lunch & Fun	May 12 Dinner Dance	May 14 & 28
June 7 Birthday Lunch & Bingo 14 Lunch & Learn 21 Lunch & Trivia 28 Lunch & Fun	June 16 Dinner Dance	June 11 & 25
July 5, 12, 19, 26 August 2, 9, 16, 23, 30 Wednesday lunches will continue during July & August upstairs without after lunch activities	July & August No dinner dances during July & August	July & August No Sunday brunches during July & August

POINT Mission Statement

To serve the people who live, work and study in North Toronto by improving availability and increasing awareness of the social and health services in the community through information, education, and advocacy.

Board of Directors

Chair: Pat Taylor

Directors: Colin Benjamin, Jason Brown, Bohdan Buczek, Phil Crawford, Gregor Grant, Lynne Kurylo, Nancy McAlpine, Jane McKinnon, Anita O'Connor, Catherine Paterson

Executive Director: Wady Dyson

How to Reach Us

POINT Office

Telephone: (416) 487-2390

Fax: (416) 487-9276

E-mail: point@pointinc.org

Web Site: www.pointinc.org

Open: Monday to Friday
9 a.m. - 5 p.m.

Community Information Service

Telephone: (416) 487-2427

Open: Monday to Friday
9 a.m. - 5 p.m.

North Toronto Memorial
Community Centre
200 Eglinton Ave. W., 1st Floor
Toronto, Ontario, M4R 1A7

POINT by POINT

Editors:

Carolyn Seager & Diane Werner

Contributors:

Carolyn Seager, Pat Taylor, Janice Webster, Diane Werner & Youth Support Network-North Toronto

POINT Membership Form & Donation Form

- ☐ Yes! I would like to **become a member of POINT**. My membership fee is enclosed. Please add my name to your mailing list. As a member, I will receive the POINT quarterly newsletter, voting privileges at the Annual General Meeting, and other information bulletins. A charitable tax receipt will also be issued.

- ☐ Yes! I would like to make a donation to support the work of POINT. A charitable tax receipt will be issued.

Name _____

Address: _____

City: _____ Postal Code: _____

Tel: (____) _____ Fax: (____) _____

Method of Payment:

Visa _____ Card # _____

Signature _____ Exp. Date: _____

Cheque: Please make Cheque payable to P.O.I.N.T. Inc.

Membership Fee:

Individual \$10.00

Agency/organization/Business \$25.00



Charitable Registration # 10785 0422 RR 0001