

# The Extra Scoop

SUMMER 2019

DOVERCOURT BOYS AND GIRLS CLUB



## Happy Back to School Year!



## Out With the Old, In With the New: Bell Tradition

When Dovercourt Club opened its doors in 1957, members and staff quickly became familiar with a sound that has gone on to become a tradition. Tucked away at the front desk and rung by staff and select members, the golden bell signified the beginning and end of a period. The simple act of walking around the Club and ringing the bell was an experience all members were keen to share. The bell was rung multiple times in the staircases of the Club. With inevitable Club changes, finding an alternative to the bell became one. Two years ago, the bell was replaced by a new, modern P.A system that can be heard in every room of the Club. Some members rang the bell and some didn't. Some members, particularly one, returned as an adult to ring the bell as Program Director, Matteo Severino recalls. "Now in his 40's, as the parent of a member, he finally got to ring the Club bell. His face lit up and he was back at the Club as a member. This is what the Club bell has meant to members over the last 60 years," said Severino. Replacing the bell was practical due to its noise restrictions and a reflection of changing times and technology. It's now a sound that will be heard in schools soon when members head back to school.

In case you missed it, Dovercourt Boys and Girls Club's summer highlights include:

- **Why we need more Summer Camps.** Read the full story on page 2.
- **Boys and Girls Clubs of Canada is partnering with Adapt Pharma.** Read more on page 4.

# Why We Need Summer Camps

Schedules are prepared, activities are planned and trips are confirmed – all during the months and weeks leading up to Summer Camp season. It's the busiest time for children's organizations and clubs, including Dovercourt Boys and Girls Club, to plan and run this long-time tradition.

Summer Camps are the continuation of learning life skills and expanding children's knowledge on different subjects in a fun and engaging way. Immersive spaces like green rooms, gardens and backyards elevate children's learning through exploration. Did you know that playing with blocks and toys builds brain neurons? Practicing the ability to manipulate physical objects encourages problem solving and innovative thinking. Whether it's mathematical or spatial structures, creative physical play is proven to be effective for encouraging innovation.

A tradition that is characterized by outdoor play, board games and arts and crafts, Summer Camp has changed more now than ever. Technological



developments and community migration are a few examples of environmental changes that encourage Summer Camp organizers to change curriculum, trips, promotions and more. These changes are happening everywhere. BC Newcomer Camp is an example of this. The Vancouver-based summer camp helps refugee children integrate into Canadian schools. Another summer camp, Skills Ontario Summer Camps provide teens with exposure to fields like construction, app design, culinary arts, aviation and more in Guelph and Linamar. These camps, like Dovercourt Boys and Girls Club's Summer Camp host different camps that cater to a variety of interests. Learning does not just occur in classrooms with traditional reading or writing activities. For example, consider the positive effects of teaching children music. Did you know that practicing music activates parts of the brain responsible for memory and enhances a child's ability to speak and communicate?



# When It All Began

How do organizations prepare for Camp? At Dovercourt Boys and Girls Club, the process begins months prior to the start date. From acquiring donations, grants, brainstorming program ideas, confirming trips and utilizing advertising techniques – the Club team members place careful thought in how to create memorable moments for young campers. Through diligent planning, this year, Dovercourt Club introduced two new programs as part of Summer Camp: Teen Program and the Steel Pan Program. And to top it all off, this year's weekly trips ranged from Wet N Wild, Botanical Gardens, Lego Land to Bronte Creek. That's fun for all!

## Dovercourt Club Summer Camp 2019

This year's Summer Camp was held from July 2 to August 31. From 7:30 am to 6:00pm (including extended care) members had the opportunity to participate in multiple departments all incorporating hands on learning, creativity, setting goals and improving confidence. Each camp was divided into departments which members alternated in throughout each day.

### Sports Camp

Setting goals, timely runs and playing popular sports is what this camp is all about. With external partnerships like Tennis Canada – campers built their confidence, tracked improvements and learnt new performance technique from staff.

### Master Chef

Chocolate chip cookies, homemade pizza, chicken noodle soup and protein balls are some of the delicious meals campers cooked this year. This program's curriculum is based on teaching the importance of nutrition, healthy eating and

and basic kitchen skills. Campers left each week with a strong understanding of food and hands on experience creating these meals.

### Math Excel

Who says math can't be fun? Forget calculators here and think games! Campers sharpened their math skills through worksheets, and workbook activities in this tutor-based camp.

### Games room

This competitive camp challenges members to compete in tournaments encompassing ping pong, FIFA tournament, NBA 2K19 tournament and more! One on one games and team games helped members develop communication and teamwork skills.

### Theatre

Campers built their confidence and learnt expression in this hands-on theatre camp. From warm ups, group activities and performance practices – members developed their own play story and worked diligently towards the end of summer performance.



### Teen Program

Launched in 2019, Dovercourt Club's Teen program is an immersive and mentor-based skills development program that teaches young teens important life skills. From relaxing yoga sessions, to city exploration trips – teens are exposed to new social activities that enforce responsibility and creativity. The Teen Program helps

members develop leadership skills and immerse in Toronto's culture and diversity.

### Steel Pan

Music is universal – and Dovercourt Club brings a variety of instruments to its members. This season, Steel Pan sessions were led by Robby Charles every Tuesdays and Thursdays.

### Teen lounge

Friendly competitions, Pokeman battles, cooperative team games and yoga are some of the relaxing and fun activities available for Teens to come and participate in.

### Computer room

Members are immersed in online games carefully selected by staff members. Improving concentration, multitasking and memory are some of the skills members strengthened here.

# Boys and Girls Clubs of Canada Partner with Adapt Pharma to Combat Opioid Crisis

Adapt Pharma will donate 3,000 units of NARCAN Nasal Spray to BGCC over the next two years

Opioid is a growing crisis in Canada and Boys and Girls Clubs of Canada's partnership with Adapt Pharma is the latest action taken to combat this issue as of June 2019. This partnership was fostered by Associate

Minister of Mental Health and Addictions, Jason Luan in Alberta. NARCAN (naloxone hydrochloride 4mg) is an antidote that reverses the effects of an opioid overdose.

Clubs will be able to apply for NARCAN kits beginning June 2019. In addition, Adapt Pharma will design and provide training modules, access to pharmacists and develop curriculum. "This is a great step forward; one



echoed in our government," said Minister Luan to Cision. "We're committed to providing safe and effective services that focus on treatment and recovery in the fight against the addiction crisis, of which naloxone access and training are key components." Youth aged 15 to 24 have experienced the fastest-growing rate of hospitalization due to opioid poisoning from 2013 to 2017. "Sadly, no community or household is exempt from this crisis. The reality is that our teenage

children are often the most vulnerable, whether through exposure to prescription or illicit opioid drugs," said Owen Charters, President & CEO of Boys and Girls Clubs of Canada. "This partnership with Adapt Pharma will ensure our member Clubs are trained and knowledgeable about opioid overdoses. Too many lives are being taken in communities across Canada and we want to take a stand to ensure more people are equipped to deal with an opioid overdose."

## \$1.3 Million Donated for Educational Program about Cannabis Prevention and Use

On Monday June 24, 2019, during her visit to Dovercourt Boys and Girls Club, Canadian Minister of Health, Ginette Petitpas Taylor announced a \$1.3 million donation to educational programs including, Boys and Girls Clubs of Canada, to prevent cannabis use by youth

and responsible by adults. This special funding will be used for educational programs across Canada. Davenport MP, Julie Derowicz and Boys and Girls Clubs of Canada, Owen Charters joined the announcement.

# Dovercourt Club's Star Supporters

Dovercourt's past events and initiatives were possible with the support from generous donors. Thanks to PC Children's Charity for donating Deluxe Cheddar Mac and Cheese, TVO for children's books, Maple Lodge for hotdogs, Rogers Communications Inc. for water bottles and A&W and Furlani for summer lunches and snacks. These kind donations have fueled our members and staff through summer and beyond!

# Thank You For Volunteering!

Dovercourt appreciates the time community members dedicate to help facilitate Club activities! A big shout out to Celgene's volunteering team who assisted the Club during Summer Camp. Snacks bags were an additional treat for the Club's members this year; thank you CIBC Mellon for making them possible!



## What's Happening At the Club



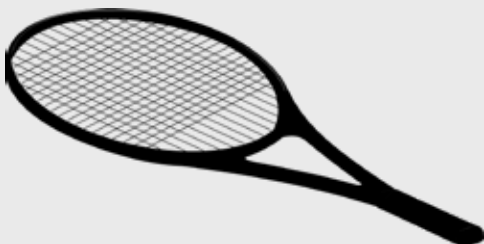
Rogers Cup

Due to courtesy of Dovercourt partnership with Tennis Canada, members had the opportunity to attend Rogers Cup and watch a tennis match on Thursday August 8!



Canada's Wonderland

Dovercourt in partnership with Fidelity Investments has received a generous donation of tickets to Canada's Wonderland for Fidelity Family Day. Fidelity provided part entry and food vouchers for this event to interested families!





Anna Carnevale (L)



Anna Carnevale (L)

## Meet Anna Carnevale: member, staff and now Director on the Board

Since Dovercourt Club opened its doors in 1957, the Club has had the privilege to teach, mentor and keep numerous kids off the streets. Every couple of years or so, some members return to the Club to pay it forward and share their experiences.

DBGC's director on board and TDSB teacher, Anna Carnevale has been involved with the Club since 1982. This year, Carnevale was nominated and recognized as Teacher of the Year by Children's Development Institute (CDI). This children's mental health agency is dedicated to helping kids with special social and emotional needs, with the focus on integration. Carnevale began her journey with Dovercourt Club as a member at the age of 6. Having lived across the street – Dovercourt was an easy choice for Carnevale. Her commitment and involvement grew throughout the years. "It's a very family-oriented place. I've made lifelong friends and it has taught me a lot of responsibility," said Carnevale. "It's a fun place to be." After being a member, Carnevale progressed and became a volunteer at the age of 13 and eventually a staff member. Her time spent as a staff member covered all aspects of the Club. From leading the Art Room, Tots Program, to being a lifeguard and helping with front desk duties – Carnevale quickly became knowledgeable of the Club's operations,

programs and culture. From making friends, leading programs and mc'ing holiday concerts – Carnevale credits the swimming and gym as her most, fun and favorite memories. As a member and staff member during multiple Summer Camp seasons, Carnevale cherishes the ability of these shows to give members an opportunity to showcase things they have learnt throughout the summer. Carnevale's last year at Dovercourt Club was right after she graduated Teachers' College to pursue a career in education. Her community contributions extend to her kids' schools and circled back to Dovercourt in 2014 when she became a Board member. "It's my way to give back to the Club by being on the board and staying connected," said Carnevale. With changes in staff, policies and procedures and neighborhood shifts, the objective of Dovercourt Boys and Girls Club has remained the same. "These places [Clubs] are important. We need to keep these kids socially engaged," said Carnevale. "We need to keep the kids off the streets and doing positive activities for the community.

## Go Easy Soccer Tournament



Go Easy Ltd hosted an action-packed summer tournament and BBQ for Dovercourt on Friday July 19. Members were divided into soccer teams and played against Go Easy Ltd. All participants received medals and prizes for their participation and had a delicious lunch. Thank you Go Easy for organizing this event!

## Celebrating the Teaching Garden Program with Spring Festival

Dovercourt's Spring Festival returned this year on Tuesday June 11 in the Teaching Garden. This community event featured arts and crafts, gardening activities and a delicious barbeque courtesy of A&W, 1115 Bloor Street W.



The Club celebrated spring and the Teaching Garden Program's harvest with its Spring Festival. Every year, members and Teaching Garden Program lead, Arielle Bruce grow traditional garden vegetables and flowers. The summer Teaching Garden program allows members to experience the full growing season. This includes planting the first seeds from a variety of options to the final harvest. "They learn what it takes to grow their own food organically in an urban setting, how to transform that food into balanced meals, and become environmental stewards of the land along the way," said Bruce. After careful planning and practicing patience, the final months of summer included a harvest filled with cucumbers, cucamelons, roma tomatoes, rainbow carrots, sunflower, seeds, kale, swiss chard

and more. "This year we placed an emphasis on not only growing for ourselves, but also for our local pollinators," said Bruce. "Our flowers provide essential food and rest stops for the many migratory pollinators that live in our region, and provide valuable teaching moments for our members."

Spring Festival showcased this past season's harvest accompanied with face painting, sowing seeds and crafts to name a few activities. The festival may be over but the activities of Teaching Garden program are not! Members are getting ready for their fall crop and will soon plant the indoor kitchen garden for the winter.



## Reuben Araujo Fernandes: Winner of Armando "Army" Aiello Scholarship \$1,000



Every year, the Club in alliance with Vito Maida, President, Patient Capital Management provides a \$1,000 Math or Science Scholarship to a staff member. The scholarship is named in honour of the late Armando "Army" Aiello, who like Vito, was a Dovercourt Club member. This year's recipient is Ruben Araujo Fernandes. "Ever since I was a kid, I've been focused on biology – it's something I'm good at," said Fernandes. "I'm hoping to use it [scholarship] to continue studying within the sciences. Fernandes always knew he wanted to pursue a career within the sciences and now has decided to attend York University for Biomedical Science. "I've noticed a lot of friends who are pressured into something they don't enjoy," said Reuben. The way you're going to succeed is if you enjoy doing it."



### Leading Math Excel Program

With his career paths alternating from veterinary, pediatrician and marine biology – Fernandes enjoys working with kids and medicine. He began his journey at Dovercourt through the After School Program, specifically at outreach school, Stella Maris Catholic School early this year. Since then, Fernandes transitioned as Summer Staff to lead the Math Excel Program. "I think its [summer camp] a good experience just to have because the medical field is where I'm going to be socializing with a lot of people," said Fernandes. "Through the summer I've developed social skills working with children."



### Vito Maida

President of Patient Capital Management Inc. and former Dovercourt Club member, Vito Maida became involved with the Club nearly 50 years ago. Armando Aiello's friend, Maida continues his involvement with the Club by supporting aspiring youth who'd like pursue a career in the math and science industry. Vito as Army did, feels a sense of commitment for the support the Club has provided.





What's going on at Junction Triangle Clubhouse Summer Camp? Our fellow Clubhouse has brought arts and crafts, sports and cooperative trips like parachute games, line tag, octopus and aquarium to members. Video games, swimming at Carleton Village Public School and trips were also part of this action-packed summer camp. Each week, members had the opportunity to participate in theme based activities. The first week of Summer Camp



was based on the Club's Fashion Show on Friday July 5th which members prepared for by organizing and showcasing their outfits. Pirates Marina and Boat Racing Week was the theme of the second week and members made boats, dressed up as pirates and hosted boat races! The third week –Drive-in Movie Week encouraged kids to make movie props (ticket stands, cars to attend a movie theatre (St. Luigi Catholic School) to watch Toy Story. Week 4 extended the fun with Safari and Camping activities; where members baked pizza and smores on their self-made ovens. Summer camp isn't complete without a talent show and that's exactly what was planned for Week 5. Members took centre stage and showcased their singing and dancing skills. Water Carnival, Science week and Spirit week were the last three themes of the remaining

weeks. Making aquariums, visiting the Ontario Science Centre and dressing up for pajama, music and crazy hair day were some of the camp's ending activities!



# JUNCTION TRIANGLE CLUBHOUSE SUMMER CAMP

## Dovercourt Back-to-School Kits

Dovercourt's Back-to-School kits prepares and supports members returning back to school every year



It's that time of the year – as members get ready to head back to school, Dovercourt is organizing back-to-school kits for its members. The Back-to-School initiative prepares and supports children returning to school with necessary school supplies who may experience hardships in obtaining them. Over 200+ backpacks are prepared and packed with notebooks, crayons, pencils, rulers and calculators just to name a few supplies. This initiative is supported by materials and resources provided by Walmart and Pentel. This program aims to prepare children for success and boost their confidence. This year, 250 Back-to-School kits were given out during the last week of Summer Camp.



## Thank you PC's Children's Charity

This summer, Dovercourt Club was selected to receive PC Children's Charity-Summertime Eat Well Grant 2019. It has allowed the Club to organize special theme-based lunches and snacks for members that expanded their food knowledge. Mangoes, watermelons and pineapples were some of the delicious snack options for members. By introducing exotic fruits, vegetables and incorporating them into meals, members learnt best ways to prepare them and expand their nutritional knowledge.



Additionally, Dovercourt Club's Master Chef Program was supported by this grant. Weekly Master Chef Lunches included a variety of meal options – from broccoli cheddar, brown rice, baked chicken fingers, and Bolognese paste bake. PC Children's Charity Summertime Eat Well Grant allowed Dovercourt Club to introduce a variety of nutritional food options through its cooking and food programs.

Some meals Master Chef members prepared over the summer are coconut crisps and Sushi!

# Back-to-School 101: Best Ways to Prepare For This Busy Time of the Year

Back-to-School Season is an exciting and nerve-racking season for both children and parents. As vacations end and school routines begin - it's important for everyone to stay prepared and positive to tackle the exciting challenges the new year brings. How can members and parents best prepare for this? Start shopping for supplies early. Beat the retail rush by shopping for supplies, snacks and any other essentials ahead of time. In addition wholesome and nutritious meals are key to keeping one energized for the day. Pair that with a bit of physical activity every day and you are improving your concentration and mood throughout the day!



## GAP Back-to-School Campaign

This year, from August 11 to 31, Boys and Girls Clubs of Canada is supporting GAP's Back-to-School campaign. People are encouraged to donate a backpack, school supplies or money to their local GAP store. All donors are receiving 10% off their purchase and their contributions go directly towards Club initiatives that support children preparing for school.



## Old Navy Cause Campaign

In conjunction with GAP, Old Navy ran their in-store donation drive from August 1 to 14. All Clubs were encouraged to visit their local Old Navy store to promote this campaign. Dovercourt's Old Navy partner store was in Stock Yards Village, 30 West Rd, Toronto. On Tuesday August 13, Dovercourt members visited Old Navy and participated in styling activities where they learnt about outfit choices - all while promoting Boys and Girls Clubs.



## DOVERCOURT AND JUNCTION TRIANGLE CLUBHOUSES

"The Club that beats the Streets."

**REGISTER TODAY**



AFTER SCHOOL PROGRAM BEGINS SEPT 3 ASP PROGRAM RUNS 3:00PM TO 6:00 AT DBGC

Dovercourt's After School Program (ASP) is back this year from 3:00pm to 6:00pm beginning Tuesday September 3, 2019. After School Program participants have the opportunity to explore music, arts and crafts, sports, cooking and tutoring activities – just to name a few activities. The Club's ASP are also facilitated at outreach schools; including Stella Maris Catholic School from 3:00pm to 5:30pm, St. Mary Catholic School from 3:00pm to 6:00pm and Holy Rosary Catholic School from 3:30pm to 6:00pm.



To Register, visit us at:  
180 Westmoreland Ave  
M6H 3A2 or 1379 Bloor Street West  
M6P4J5

For more information call us at  
Dovercourt Clubhouse: 416.536.4102  
Junction Triangle Clubhouse:  
416.530.4233

Email: [info@dovercourtkids.com](mailto:info@dovercourtkids.com)  
[www.dovercourtkids.com](http://www.dovercourtkids.com)



### DATES TO REMEMBER

Labor Day  
Monday September 2, 2019

After School Program begins  
Tuesday September 3, 2019

P.A Day  
Friday October 11, 2019

Thanksgiving Day  
Monday October 14, 2019

P.A Day  
Friday November 15, 2019

P.A Day  
Friday December 6, 2019

Christmas Day  
Wednesday December 25, 2019

Boxing Day  
Thursday December 26, 2019

The Club welcomes DONATIONS for its Programming. To donate online, please visit:

<https://www.canadahelps.org/en/charities/dovercourt-boys-girls-club/>

For information on Dovercourt Boys and Girls Club Programs or to volunteer, please contact:

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