

# The Extra Scoop



Dovercourt  
Boys & Girls Club

SUMMER 2020

DOVERCOURT BOYS AND GIRLS CLUB



Dovercourt  
Boys & Girls Club

## A Season of Sunshine and Resilience



metro

Mike and  
Nicole Tevlin



Naia Mazzotta



Faith Verneige

## Coping with COVID-19 Lockdown Series: How Dovercourt Club members are keeping their spirits up

Since the national COVID-19 lockdown in March 2020, millions have been asked to stay home and practice social distancing. The arrival of warmer weather and unprecedented stress amid the pandemic creates a general malaise in the City. However, not all is lost. Perhaps we can learn from the youngest groups affected by the lockdown. Mid-May, the provincial government announced Ontario schools will remain closed till September 2020 and online learning will continue also supported by Dovercourt for the rest of the year. Families across Canada and beyond are transitioning into online learning platforms. This change has placed guardians and parents in a tricky and creative position to keep their children entertained and educated. Self-isolation has provided an opportunity for adults and children to take online courses, prioritize mental and physical health and make time for personal endeavors and passions, like Naia Mazzotta. As part of our #CopingwithCOVID19 series, we interviewed members about how they're keeping their spirits up during this time. Read the full story on page 3.

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

- **Dovercourt Club's Star Supporters.** Read more about our sponsors and supporters on page 5.
- **Coding Club.** Get to know Kids Code Jeunesse volunteers on page 4.
- **Life After Graduation.** Learn strategies for navigating industries during COVID-19 on page 7.

# Message From Executive Director

Dear Dovercourt community,

This year has marked significant milestones for Dovercourt Boys and Girls Club and for the world at large. The COVID-19 pandemic amongst other challenges, evolved further and became a global issue. In March 2020, Dovercourt Club was directed by its Board of Directors to stop providing programs and services due to recommendations issued by Toronto's Medical Officer of Health and other governmental bodies

Since then, Dovercourt Club has launched online pilot programs and engaged in ongoing hamper projects. Supporting our members, staff and the community has been our priority and through support from donors and Board of Directors, we were able to do so. Thanks to everyone!

As the City recovers and the Club resumes programming, we are taking a number of measures to ensure the health and safety of our members and staff. The uncertainty of the future may seem daunting but our strength and resilience will help us get through the unprecedented challenges being faced. Our team is ready to answer your questions and we will keep you updated. If you have any questions or comments, please reach out to us.

Stay healthy. Stay safe.

Sincerely,  
Sheldon Taylor  
Executive Director



## Dovercourt Clubhouse Goes Online

The Ontario government expanded its seven-point summer learning plan for students to ensure the continual access and opportunity to education. To elevate these learning plans and provide additional support, Dovercourt Club launched an online learning plan which covers a range of subjects: art, math, literacy and coding. Club members had the opportunity to participate in one-on-one tutoring sessions, complete online worksheets and participate in interactive games.

Math Tutoring Instructor, Chrystal Smith was the first instructor to come on board and lead virtual math tutoring at Dovercourt Club. "I use the Ontario Curriculum for the subjects I teach," said Smith. "In terms of how I go about

choosing the entry points and methodology, I love using technology because of the limitless ways to learn things at a very fast speed." Smith came upon tutoring opportunities at the Club during her enrollment in Teacher's college.

As a sibling of 3, Smith gained experience working with children early and advanced her career as a substitute French and Spanish teacher. "Nothing could make me happier than to know that I am making a difference," said Smith. "It has been very rewarding to be the teacher to pioneer and deliver the online program, and I am excited for what the future holds for this and other online learning at the Dovercourt Boys and Girls Club."

Since Dovercourt Club has temporarily closed, Naia has been painting and creating artwork. Some of her artwork are portraits of her friends and colorful masks. "The reason I love art is because to me, art is a way to take emotions and express them through your methods," said Naia. "It's an escape from all of the scary things happening in real life where you can stay young with no responsibilities." Artistic expression touches on a variety of elements. Naia creates her art work using water colour paint on water color paper and acrylic



Naia's hand painting

paint on canvas. She has also learned how to use Photoshop and created photos of her friends using it. Paint is not limited to a canvas. Naia has been working with body paint to create optical illusions of sky and stars on her hands. These projects are one of the many ways Club members are coping with the lockdown and keeping their spirits up. Club member, Faith Verneige has been going for walks, connecting with family through Whatsapp, participating in online tutoring and schooling and reading and completing activity books. Faith has participated in Dovercourt Club's online tutoring programs and Book Club. As assistance to help students continue to learn, the Club's programs provided members with educational materials and

one-on-one support. "I love art and cooking. We made slime from scratch for the first time and that's my favourite thing to play with. I also like to cook with my Mom, because I get to show her what I've learned at the Masterchef cooking class at summer camp," said Faith Verneige. Many educational companies and universities began offering free online courses for adults and children. Faith also uses online learning platform, Prodigy for math, and watches math programs on TVO Kids website. Through transitioning to online learning has been tricky, Faith is supported by teachers who call every day, send work, and offer learning advice.



## "THANK YOU" BGCCAN VIDEO PROJECT



In April 2020, Boys and Girls Club hosted a "Thank You," video project; where they compiled footage of Club members thanking BGCC stakeholders for their support. The final video was posted on BGCCAN's social media and website platforms. Contributors of Emergency Relief Fund are:

- Google Canada
- Scotiabank
- M&M Food Market
- Go Easy
- Indigo
- Fidelity Investments
- Hyundai Canada
- CIBC
- Coca Cola
- Loblaw Companies
- PC Charity

# Dovercourt's Coding Club: Meet Kids Code Jeunesse volunteers



The Club worked with Kids Code Jeunesse to deliver an online Coding Club where members were led by qualified instructors to develop coding skills and their own game. The Club interviewed volunteers, Lily Yu and Ryan Samlalsingh via email about their experience in coding, its importance, and the Dovercourt's Coding Club.

## What are you enjoying the most about this Coding Club so far?

**Lily:** I love seeing kids getting excited when building their coding projects and using programming as a way to express their creativity!

**Ryan:** What I like about the Coding Club projects is that they feel like "learning without learning"; we start with a goal to build something specific and together, we use what we know to build it. There's no jargon or testing or arbitrary exercise and this allows us to keep the club from feeling intimidating for new joiners or for kids who are still learning to communicate technically. Further, I'm enjoying seeing such high levels of genuine enjoyment from the kids who've participated in the club so far, in addition to

the strong collaborative effort demonstrated by these eager kids to help us develop programs together. Coding is rarely ever a solitary effort and it's great to see the blossoming confidence and keenness of many of these kids. I look forward to seeing whatever the kids in the club built on their own or with their own inspiration that they want to share!



Photo via Instagram, @kidscodejeunesse

## Why do you think coding is important for kids?

**Lily:** I think of coding as a paintbrush that enables kids to paint their own ideas and feel proud of the amazing work they make. Learning to code is also a great way for kids to explore the concepts and applications of computer science in the real-world.

**Ryan:** Coding is helpful for kids because practicing coding in a group environment can, subconsciously or consciously, teach technical and interpersonal problem solving and decision

making methods and improve interdisciplinary communication skills such as those needed or artists to communicate well with engineers and vice versa. These are likely to be useful to kids in the future in school projects or their careers. Developed coding skills can also be very empowering as they allow kids to build cool, potentially groundbreaking things from games to robots and anything else they can imagine, in any free time and with virtually no costs. Most importantly, in my opinion, is that exposure to coding builds the breadth of mathematical experiences a child has outside of mandatory academics.

Coding professionally can be rewarding, relatively relaxed and lucrative, but like anything else, not everyone will enjoy coding after introductory lessons, and coding professionally can be extremely stressful for people who don't enjoy it. However, I reckon there are a lot of kids who would enjoy it if they tried it but never tried it, like myself before learning to code in university. It's certainly worth it for everyone, especially kids, to learn coding at a basic level to discover if it's a passion to explore further professionally or as a hobby.

Story continued on page 6.

# Dovercourt Club's Star Supporters



## #Stitch For Corona

## THE W. GARFIELD WESTON FOUNDATION

Additional support was received from The W. Garfield Weston Foundation. This Canadian charitable foundation was established in the 1950s by Willard Garfield Weston and his wife, Reta to improve the lives of Canadians by making grants. Majority of the foundation's support has extended to organizations in the education and environment industry.

Dovercourt Club would like to thank Sew for To for providing us with essential masks. Sew for TO was created to help the community in solving the shortage of PPE during the COVID-19 pandemic. Since its inception, Sew for To has created and distributed over 18,000+ items including non-medical reusable masks, scrubs caps and ear savers to first responders, essential services at other community members. To support and fund Sew for TO please visit: [sewforto.ca/gofundme/](http://sewforto.ca/gofundme/)



## What's Happening At the Club



In addition to Dovercourt Club's annual Christmas Hamper Program; packing and delivering essential hampers to support members and community has been an important way of giving back. To continue this tradition, Dovercourt is engaged in ongoing hamper projects to help alleviate food insecurity in the time of COVID-19.



A special thank you to contributors:

Unico, Boys and Girls Club of Canada, St. Helen's Meat Packers Limited, Primo Foods, CIBC Mellon, Fresh Co, United Way, Sew For TO, Cesare Sisti, Adamark Sales Inc, Furlani Foods, Mondelez, PC Children's Charity, Loblaws (Dundas & Bloor), Lady York Foods, The W. Garfield Weston Foundation, Pamela Laurie, Ferma Food Products, Ron Rynka, and M&M Food Market.

# Dovercourt's Coding Club: Meet Club member Matthew Pereira Cibrao



Kids Coding Club sessions were facilitated via Zoom. The Club interviewed member, Matthew Pereira Cibrao about his experience with coding.

## Have you coded before?

Yes, I have. My father has been teaching me to code. I spent a few years in scratch and now I'm using Python and it is getting more complex. I also have a couple of coding books that I use to learn new things. It is so much fun to code and it is unbelievably crazy to learn new things.

## Why did you choose to join this Coding Club?

My Mom got a phone call to let us know that Dovercourt was holding a Coding Club and she asked me if I would be interested. I immediately said YES! The Club started that week, and I've been there every week since.

## What are you enjoying the most about it?

What I enjoy most about the Coding Club is the chance to relearn and continue to

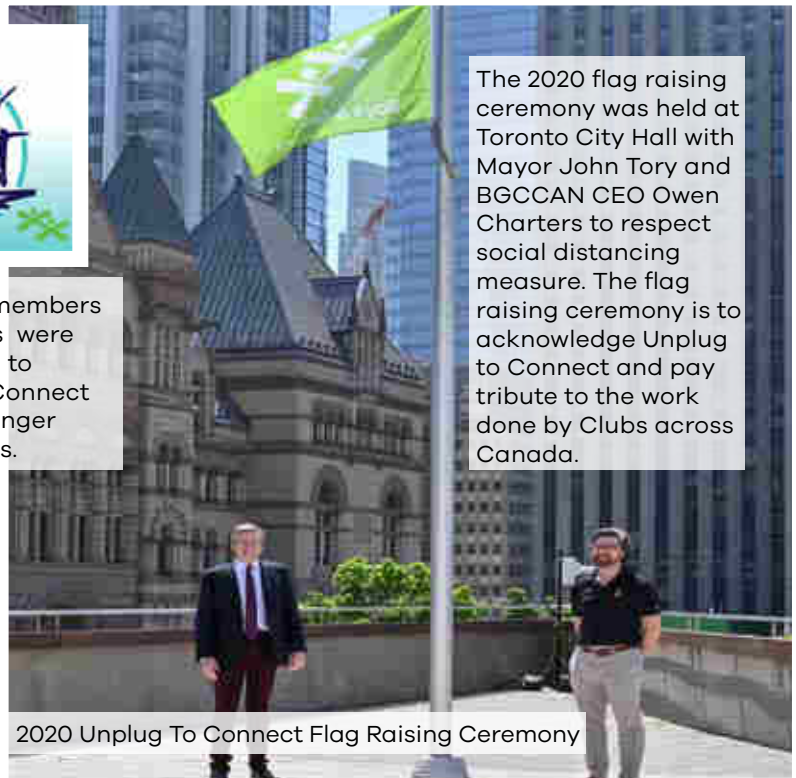
practice stuff. I really enjoy coding so I get to do something I enjoy and I get to share my projects with people in the club.

## What have you learned so far?

A lot of what we have been learning are the basics so I have the chance to relearn that stuff and continue to practice. I'm looking forward to learning more things and sharing what I can create with everyone in the club.



On June 5, members and families were encouraged to #UnplugToConnect to build stronger relationships.



The 2020 flag raising ceremony was held at Toronto City Hall with Mayor John Tory and BGCCAN CEO Owen Charters to respect social distancing measure. The flag raising ceremony is to acknowledge Unplug to Connect and pay tribute to the work done by Clubs across Canada.

2020 Unplug To Connect Flag Raising Ceremony

## At-Home Learning 101

To all parents and guardians who are teaching their children at home, Dovercourt Club has got you covered! A consistent routine, collaboration with others, utilizing online resources and focusing on quality and quantity are some strategies that will help you continue your child's learning at home:

1. Keep a similar school

schedule. An erratic schedule can introduce distractions, unstable sleeping and/or eating patterns. For optimal energy and motivation, try your best to keep your child closest to his or her regular school schedule.

2. Teach in partnership with your child's school teacher, friends, and/or their parents.

It's always a great idea to bounce back ideas with others on learning activities, etc.

3. Track your child's progress and reward him or her. This will help you reflect and understand what is working for your child and his or her strengths and weakness which makes it easier for them to continue learning once schools open.

## Life After Graduation

### Strategies for young graduates to prepare for a rocky labor market

As elementary students are transitioning into online and at-home learning, new and soon-to-be graduates must navigate life after graduation. The post COVID-19 labour market poses many challenges: unemployment, underpaid jobs, layoffs, and general malaise. According to Brookfield Institute's May 2020 report, "Ahead by a Decade: Employment in 2030," jobs in health, natural and applied sciences, service orientation and technical expertise are projected to grow. On the other hand, occupations in manufacturing and utilities are projected to decline by 2030. So how can young graduates and professionals prepare for the work force ahead?

1. Seek municipal, provincial, and federal relief funds. Potential support includes financial aid, food, delayed rent and mortgage payments and

deferred student loans and debt repayments.

2. Consider short-term employment. While keeping your safety and others' safety in mind, consider remote and in-person jobs such as customer service representatives, warehouse distribution and food delivery. Though these jobs may not be in your preferred industry, focus on acquiring transferable and soft skills that can help your long-term goals and career path.

3. Take advantage of online courses, E-books, and online resources to further advance your knowledge and understanding of the industry you plan on entering. With imminent competition, get a good grasp on the changes that are happening to understand how you will be able to position yourself in companies' changing landscapes.



4. Focus on online networking. This is the perfect opportunity to update your LinkedIn profile and social media presence. With majority of hiring processes conducted online, consider optimizing your online presence. Don't be afraid to message recruiters, industry professionals and your post-secondary institution's former or current instructors for advice.

For more advice and tips, check out resources:

[blog.linkedin.com](https://blog.linkedin.com)  
[monster.com/career-advice](https://monster.com/career-advice)

# Celebrating National Volunteer Week

From April 19 to 25, Clubs across Canada recognized contributions of over 18,000 volunteers

This year, Dovercourt Club hosted multiple activities in partnership with volunteers from companies: HP Canada, Toronto Gaels, Gaelic Football Club and Kids Coding Jeunesse. In January, HP Canada hosted a marsh mellow and spaghetti tower building contest where



HP Canada volunteer with Club members

**Did you know with all volunteer hours combined, 1 million hours have been contributed to Boys and Girls Clubs annually?**

Clubs engaged in create play, enjoyed pizza and received participation certifications. This activity focused on team work and creative problem solving. In March, Toronto Gaels, Gaelic Football Club partnered with the Club to launch a 6 week Gaelic Football camp which teaches members the

fundamental technique of this soccer and rugby mixed sport. Coding Club is the Club's new addition of programs. Kids Code Jeunesse's volunteers helped kick start and facilitate this program throughout the year. Volunteers worked with members via Zoom to practice coding techniques and develop games. Thank you to all our volunteers! #NVM2020. The Club is grateful for support from: Patrick and Barbara Keenan Foundation, Furlani Foods, Boys and Girls Clubs of Canada, Stitch for Corona, The W. Garfield Weston Foundation, Metro, C. Arthur Downes and Estate of Donald Reid.

## Earth Day 2020

This year marked the 50th anniversary of Earth Day. This global event began in the 1970s when 20 million Americans took action to combat environmental issues.

For the first time, Earth Day activities were hosted online. Recycling, going on nature walks are a few of the many ways we can celebrate Earth Day. Learning about science, geography and art will help us come up with creative ways to make an impact!

## Did You Know?

**If the Sun were as tall as an average door, Earth would be the size of a nickel.**

**70% of Earth's surface is water.**

**Earth is the 5th largest planet in the solar system.**



Information obtained via [solarsystem.nasa.gov](http://solarsystem.nasa.gov)



# Coping with COVID-19 Lockdown Series: How Dovercourt Club members are keeping their spirits up



Victoria Perez

To continue the Club's #CopingwithCOVID19 series, we interviewed Junction Triangle Clubhouse member, Victoria Perez about her experience and ways in which she is keeping her spirits up.

### What have you been up to since the lockdown?

I have been doing my online school work, I have been playing videogames and having fun with my family.

### Did you try any new sports, activities, make arts and crafts, etc.?

The activity I took up was I recently got a Nintendo Switch and I got Just Dance 2020, so I started to dance with my mom for fun and for exercise.

### What does your typical day right now look like?

My typical day is wake up at 9:30 am, go to the washroom, get dressed, eat breakfast, go on my computer, do my online work for school, finish around 11:40 am, play games, watch TV with my mom, eat dinner, more TV, exercise, shower, put on pajamas, go to sleep.

### What grade are you in and how have your teachers or classmates adopted to the online shift?

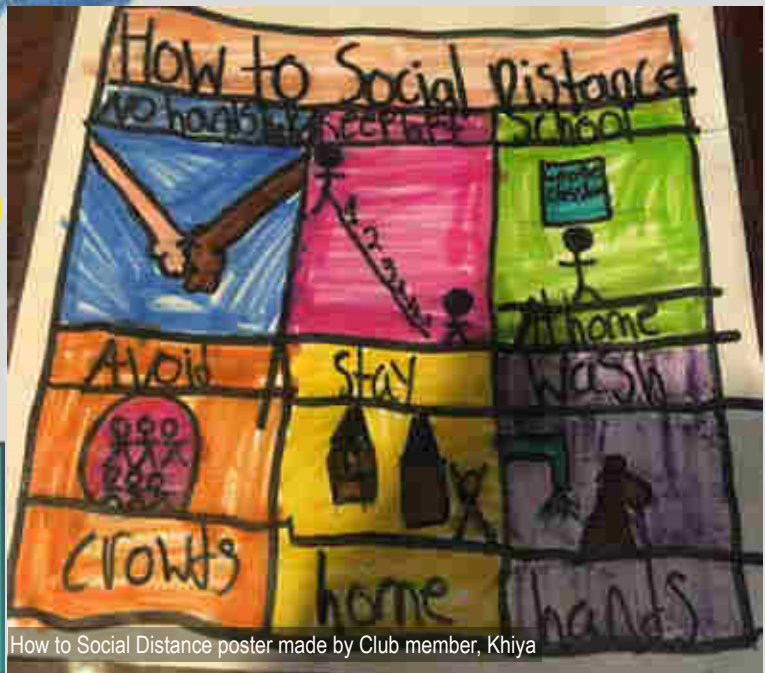
I am in Grade 7 and my friends are just happy that we don't need to be in the classroom anymore, my teachers are doing fine and are healthy.

### Have you participated in any of Dovercourt Club's online services during the lockdown?

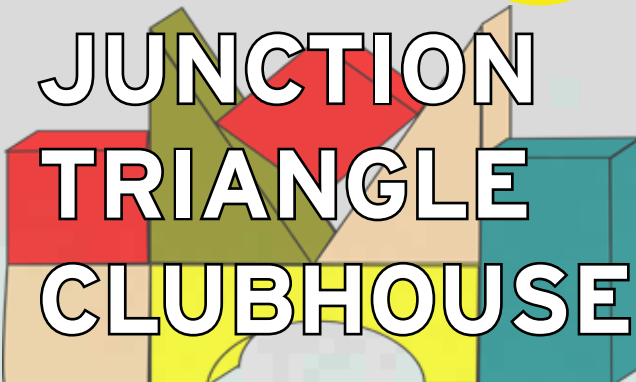
I have taken part in the coding club and it has been really fun so far it has kept me busy and has distracted me a lot.

### What are your plans for the summer?

I am going to stay at home and just go to the pool I have at home so I don't really have to go anywhere. I am also going to go biking and walking with my mom and brother. I am really looking forward to the warm weather and the sun shining.



How to Social Distance poster made by Club member, Khiya



# Teaching Garden is Back



Summer marks the beginning of Dovercourt Club's Teaching Garden program! As we transition from indoor gardening season to Summer Camp, it's time to expand our gardening activities outside.

What have our members been up to? Since the New Year, members have created botanical illustration, "Pea Shoot" plants, designed sustainable fashion apparel, cooked sweet potato wedges, worked with natural clay and learned about allium.

The Teaching Garden has introduced agriculture, environmental science and gardening to its members. With the addition of two new indoor greenhouses, the Club has been able to run a kitchen garden and weekly cooking classes throughout the year.

Some herbs and plants members have grown are: Basil, Dill, Cilantro, Nasturtium, Lettuce, Arugula, Chives, Spinach, Lemon and Lavender. From these ingredients and more, members have the

opportunity to create healthy nutritious meals like veggie loaded flatbread, Vietnamese Fresh Rolls with baked tofu, yogurt parfaits and more! From this program and with support from President's Choice Children's Charity, the Club has been able to provide healthy eating options for its members.





# National Indigenous History Month



Photo of Indigenous art via [thecanadianencyclopedia.ca](http://thecanadianencyclopedia.ca)

This June marks the 10th anniversary of National Indigenous History Month which is a time to honour the history and heritage of Indigenous people. During this month, Canadians are encouraged to celebrate and acknowledge the contributions First Nations, Inuit and Métis people have made in shaping Canada. Check out these free resources to learn about Indigenous history in Canada:

[thecanadianencyclopedia.ca](http://thecanadianencyclopedia.ca) - Explore articles, timelines and educational guides.

[historicacanada.ca](http://historicacanada.ca) - Watch video series and features here.

[ictinc.ca/free-ebooks](http://ictinc.ca/free-ebooks) - Read and support Indigenous authors.

[ictinc.ca/training](http://ictinc.ca/training) - Learn about Indigenous relations and engagement for the workplace.

## Try These At-home Activities!

### Weekly Workout 1

#### Monday

AM: 30 Jumping Jacks  
PM: Go for a walk

#### Tuesday

AM: 2 Minutes jog on the spot  
PM: 20 crunches

#### Wednesday

AM: 30 Second plank  
PM: 10 Squats

#### Thursday

AM: 5 Push-ups  
PM: 10 Lunges

#### Friday

AM: 5 Minute full body stretch  
PM: Crab walk around the house for 2 minutes

### Outdoor Scavenger Hunt

Look out your window, scan your backyard or go for a walk to check off as many as you can find!

- Yellow Flowers
- 3 Rocks
- Small Tree
- Large Tree
- Squirrel
- Bird
- Grass
- Clouds
- Cherry Blossom Tree
- Bumble Bee
- Ant
- Birds nest
- Spider or Spider web
- Red Flowers
- Dog

### Strawberry Banana Smoothie Bowl

#### Ingredients

1. 1 cup strawberry (150g), stems removed
2. 1/3 cup raspberry (40g)
3. 1/3 cup blackberry (50g)
4. 1/3 cup banana (65g), sliced
5. 1 cup ice (215g)

#### Instructions

1. Add all the ingredients to a blender and mix on high.
2. Pour into a bowl and top with desired fruit and other toppings.
3. Enjoy!

TAG US ON SOCIAL MEDIA

@dovercourtkids



## DOVERCOURT AND JUNCTION TRIANGLE CLUBHOUSES

"The Club that beats the Streets."

**REGISTER TODAY  
FOR SUMMER  
CAMP 2020:**

**Open tentatively  
in July**



DOVERCOURT CLUB AROUND THE CITY IN 60 DAYS For more information, visit: [www.dovercourtkids.com](http://www.dovercourtkids.com)

Dovercourt Boys and Girls Club's Summer Camp is back this year with the theme: Dovercourt Club Around the City in 60 Days! What makes this year's camp different from others? Campers will explore different cultures, the history and events of Toronto. Specialty camps include Regular camp, Math Excel Camp, Master Chef, Digital Arts, Coding Club, Tots Camp (ages 4-6), and Swim N Splash Camp – all hosted at Dovercourt Clubhouse. Junction Triangle Clubhouse's camps are hosted at Alexander Muir/Gladstone Ave Junior and Public School.

## Kids Korner Daycare



Kids Korner Daycare will provide information about resuming operations once the Dovercourt Boys and Girls Club Board of Directors gives the directive to do so. In the meantime our families will be updated via email as information becomes available. Also please continue to check our website.



**Register for  
Online Programs**



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)

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

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

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

## DATES TO REMEMBER

Summer Camp  
Open tentatively in July 2020

Canadian Multiculturalism Day  
Saturday June 27, 2020

Canada Day  
Wednesday July 1, 2020

Civic Holiday  
Monday August 3, 2020

International Day of the  
World's Indigenous Peoples  
Sunday August 9, 2020

Labour Day  
Monday September 7, 2020

International Literacy Day  
Tuesday September 8, 2020

Terry Fox Run  
Sunday September 20, 2020

For information on Dovercourt  
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