

The Extra Scoop



Dovercourt
Boys & Girls Club

FALL 2019

DOVERCOURT BOYS AND GIRLS CLUB



Dovercourt
Boys & Girls Club

Happy Holiday Season!



-FURLANI-



Patrick and Barbara
Keenan Foundation

metro

Mike and
Nicole Tevlin



WORKING WITH COMMITTEES IN
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& YORK REGION



TORONTO



Mayor Nathan Phillips and members at Dovercourt's Groundbreaking ceremony. Photo via The Telegram Toronto.

Meet Dovercourt Boys and Girls Club's First Executive Director: Howard Edward Glaze

Service to others in the community was the motto of Dovercourt Boys and Girls Club's first Executive Director, Howard Edward Glaze. Glaze began his career with Boys and Girls Club, in the early 1940's where he worked with the Kiwanis Boys and Girls Clubs of Toronto. In an interview with Dovercourt Club, Howard Glaze's son, Garry Glaze spoke about his experience attending and working in Dovercourt Club and his father's legacy. Howard Glaze served Dovercourt from 1958 to 1976. In a neighborhood study conducted by the Social Planning Council of Toronto, it was apparent that children and youth in the Dovercourt community were underserved and recreational facilities. This area became a top priority area; requiring change which caused the City of Toronto to donate public land for a community facility to be built. After discussions with the National Boys and Girls Clubs of Canada the plan to build the first modern Boys and Girls Club in Dovercourt Park was approved. Howard Glaze was encouraged by the National Office to accept the position of Executive Director and so he did. Read the full story on page 6.

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

- **Character Development programs are underway.** Read more on page 3.
- **New, education-driven Pelham Park After School Program is now available.** Learn more on page 4.
- **Dovercourt Club is getting ready for the Holiday Season.** Read more on page 10.

Bounce Back League

Dovercourt had the pleasure of hosting the Bounce Back League this season! BBL is designed to help children develop physical skills, life skills, teamwork, and emotion management and provide them the opportunity to resist conflict and improve their athletic abilities.

This year, soccer was the chosen sport for this league. Stats, scores and standings were tracked, and individual prizes were given. With qualified coaches and staff, Dovercourt members sharpened their soccer skills on Tuesday evenings.

Keeping Organized Sports fun

The benefits of participating in organized sports go beyond learning fundamental skills. Developing a strong self-image, creating impactful social interactions and positive weight management are matters children will face as they transition into adolescence and beyond. These benefits may encourage an adult to participate quickly but for children today it has become increasingly difficult.



Findings from a 2018 study conducted by Children's Hospital of Eastern Ontario found that one-third of kids met the basic level of "physical literacy." Researchers examined 10,000 children, ages 8 to 12 years old across Canada and found that two thirds of the children's group lacked skills such as throwing a ball. Participation in organized sports has decreased in North America over the last couple of years and there are many reasons for this. According to Statistics Canada, Children's participation in organized sports is influenced by household income, parental education, geographic location, gender and age. However, the gender gap between boys and girls' participation has narrowed. More girls today are participating in organized sports compared to the 90's. As new apps are invented, and social media platforms are expanded; children and youth are distracted from physical play and are instead opting to entertainment that is now just

a few finger taps away. Sports go beyond "winning," or prerequisites for high school or university applications. Kids learn about short term and long-term goals and stress management mechanisms that help them deal with challenges later in life. So how do we keep new generations healthy and interested? External circumstances (household income, etc.) may influence a child's ability to participate. However, parents being involved in sports activities encourage their children to participate in sports. Whether a parent is simply spectating, coaching or playing sports themselves – their children are more likely to engage in sports. Children and youth need a variety of options to choose from more than repetition. In *The New York Times* article, "Keeping the Fun in Children's Sports," Sports Medicine doctor, Dr. LaBotz encourages parents to expose their children to a variety of programming so they can develop and strengthen their bodies for all forms of play.

Kid Food Nation

Kid Food Nation is back this fall to help children and youth improve culinary skills, make healthy eating decisions and learn about nutrition. This program is in partnership with Boys and Girls Clubs of Canada, Public Health Agency of Canada, Corus Entertainment and Social Research and Demonstration Corporation. Modelled after the U.S. Healthy Lunchtime Challenge and Kid's State Dinner programs, Kid Food Nation aims to support healthy eating habits in kids aged 7 to 12 years old. Participants of Kids Food Nation develop practical knowledge and experience in preparing and cooking nutritious meals.

The Kid Food Nation Program encompasses four parts:

- In-Club programming: Participants engage in an 8-week curriculum that progresses every week for meal planning and safe use of kitchen equipment.
- Online and television programming: Kid Food Nation is hosting cooking videos, interviews,

games and quizzes on YTV.com.

- National Recipe Challenge: Participants are encouraged to put their skills to the test in a national recipe challenge where children can submit their flavorful and original recipes.
- Kid Food Nation cookbook: 26 winning recipes from the National Recipe Challenge will be featured in the program's official cookbook.



Character Development

The Character Development program is back this fall offering new programs. From Math tutoring, Spirit of Drumming, Keyboard, Photography to Guitar lessons – members at Dovercourt Club and Junction Triangle

Clubhouse have the opportunity to expand their artistic skills and acquire new knowledge. Character Development focuses on the artistic scope of programming. Did you know musical training helps children develop language, reasoning and memorization skills? Children who study art are 4 times more likely to achieve academic awards and 3 times more likely to have strong school attendance. The benefits of art and music are endless!



Pelham Park After School Program

Say hello to a new community and education-driven After School Program at 61 Pelham Park Gardens.

This new After School Program is being delivered in collaboration with Dovercourt Boys and Girls Club, Deputy Mayor Ana Bailão Ubisoft Games and Toronto Community Housing.

Deputy Mayor Ana Bãilao Councilor (Ward 9-Davenport) approached Dovercourt with an offer to run an after school program. "The Councilor worked to bring government, agencies, community organizers and private businesses together to deliver something that would benefit future generations," said her Communications and Policy Assistant, Adrian Martins. The planning process began mid-July. "We discussed the cleaning and painting of the space, computers, furniture, posters, a mural, and target date all to be done before the October grand opening," said Junction Triangle Clubhouse Program Director, Tony Palermo. The process took longer than antici-

pated but it was always very positive and cooperative from everyone. Pelham Park Gardens Community Youth Room opened its doors to the community on Saturday September 28. Pelham Park Gardens was the ideal location as Ana Bãilao had already started the development process with Ubisoft to provide a free community space to children and youth from ages 6 to 15 years old. The room is open to all children and youth who are Dovercourt Club members. This registered program is free and can serve up to 25 kids daily. This program is similar to Dovercourt's After School Program as homework help, arts and crafts, snacks, STEM programs and computer programs will be available. However, the program differs from existing ones as it will operate in a Toronto Community Housing building and their primary focus is working with families in a priority community. This is the first time Dovercourt is partnering with Toronto Community Housing and Ubisoft. After School Programs are integral



in providing support for working parents and providing a sense of community and friendships for youth. These programs help participants build key life skills like team work, leadership and confidence. "Our office has a great relationship with Dovercourt Boys and Girls Club which provides high quality programming to children in the Davenport community," said Martins. Ubisoft Pelham Park Gaming tournament was one of the first activities held in the new space in late October. "We are happy to be partnered with Dovercourt Boys and Girls Club because it is a well-known organization in the community and Bailao is confident the Club will continue to provide that great service through this expansion," said Martins.



Pelham Park Youth Room opened its door to the community on September 28. Thank you Toronto.com for sharing this news!

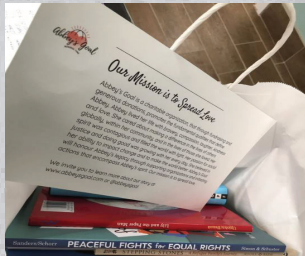


Ubisoft Toronto Gaming Tournament

Dovercourt Club's Star Supporters



This season's past events and initiatives were possible due to generous donations and contributions. Thanks Abbey's Goal for supporting the Club's literacy programs by donating a set of 10 books from Abbey Tran's book list to our Club! Thanks National Boys and Girls Clubs of Canada for providing our Club with Yoobi school supply kits. Our members are prepared for school!



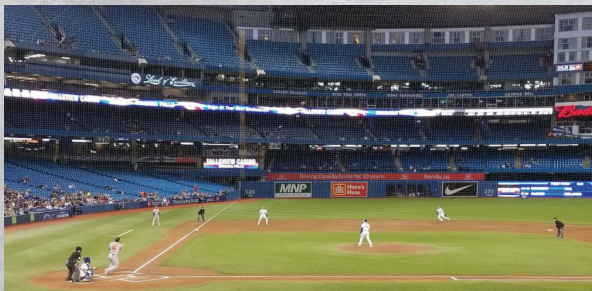
Thank You For Volunteering!



Community service impels Dovercourt Club activities. Late this September, 2,000 snack bags were prepared by over 50 CIBC Mellon volunteers for Club members. The snack bags were filled with nutritious granola bars and fruit. Mondelez celebrated Volunteer Day by donating chocolates and assisting with Club programming in early October. Thank you for your help!



What's Happening At the Club



Blue Jays vs Red Socks

Lucky member Andreas and his family attended Blue Jays vs. Red Socks on September 12. "It was a real high time, the weather was nice, we were well entertained and we were able to eyeball a few home runs," said Andreas's grandmother, Kim Turnbull.



Toronto FC vs Colorado Rapids

This was a jam-packed soccer game hosted at BMO field. Junction Triangle Clubhouse member, Delano watched Toronto FC face Colorado Rapids!

SHOWING THE HALLOWEEN SPIRIT!



...feature continued from page 1.

"You might say this was Dad's ultimate dream to work in a modern up to date Club as opposed to his time working out of former church basements of former churches," said Garry. Howard Glaze's past experience with Boys and Girls Club included North Toronto "K" Club, the Summerhill "K" Club and Gerrard "K" Club to name a few Clubs. Within a short time span after opening, 800 boys and 400 girls living within one square mile of the Club became members. Dovercourt Club was funded by United Way and operated by a small staff team. Initially, Howard Glaze brought on a Club secretary, Sports Director, Arts and Crafts Director and a Program Director. "Dad was a fierce supporter of Boys and Girls Clubs of Canada always advocating for more Club facilities to be built based on true boys and girls philosophy [inclusion, opportunity, respect, speaking out]," said Garry Glaze.



Dovercourt Clubhouse under construction. Photo via George Williamson.

Like his father, Garry served the Club as well. Born and raised in Toronto, he graduated from North Toronto Collegiate Institute in 1961. He joined Dovercourt in 1958 and worked there until 1965 as an Instructor under the leadership of former Sports Director, George Rigg. George and Glaze offered kids a full sports program from softball, volleyball and basketball. "My greatest satisfaction and proud moments in serving at the Club were all the teachable moments watching kids excel learning basketball skills, developing gymnastic routines, attempting to play badminton," said Glaze. "I could take a step back and think to myself that I contributed something to the kids' lives that they could take with them." After leaving the Club, Glaze joined the Toronto Police Service in 1966 and continued his career for 30 years until retirement. His zest for life and work allowed him to become an Internal Auditor of Credit Unions and a hockey referee.



Mayor Phillips and member, Paul Toomey. Photo via The Telegram Toronto.

Howard Glaze's support and service to the Boys and Girls Club extends to many generations, including his own. "Every child meant something to Dad regardless of race, colour, creed or religion. Dad used to say Boys and Girls Clubs were not the YMCA or a community centre but simply a "Club" for children aged 7 to 17 to meet, play, grow and learn life skills to take with them as they moved on," proudly said Glaze..



Did You Know?

- The first person hired at Dovercourt Club was Club secretary, Eileen Whitecross. After her retirement, Whitecross came back to the Club as a Board of Member



- The swimming pool was donated to the Club by the Howard Webster Foundation. Mr. Webster was the owner, chair of the Board and Editor in Chief of the Globe and Mail and Montreal Gazette newspapers

- Once a year, the eight storage bins beneath the bleachers in the gym were rolled out and converted into a full size boxing ring for the annual Boxing Show.





Haven Toronto Sock Drive

Did you know the most requested item at homeless shelters are socks?



In collaboration with Toronto Police 11 Division, Dovercourt had the pleasure of being one of many drop off locations for Haven Toronto's Sock Drive from September 23 to October 31. Partnering organizations were Bloor Boxing & Fitness, CIBC, Port Credit Academy of Martial Arts and SiamNo1. In 2018, The Toronto Police and United Way created this community through partnership with Haven Toronto

and McGregor Socks to provide vital support to homeless individuals. "I decided to continue the sock drive this year and extend it to the numerous organizations on the poster, as it was a good cause, and wanted to raise awareness for homeless, and showcase the great work being done at Haven Toronto," said Toronto Police Officer, Basil Fernandes.

Celebrating the Club's last harvest at Harvest Festival

Club members painted pumpkins, made face masks and designed candles in the Green Room on October 24.



Dovercourt celebrated its last harvest with its annual Harvest Festival on Thursday October 24. Club members and staff enjoyed painting pumpkins, making Halloween DIY masks, designing beeswax candles and reusable farmers' market bags. Members had the opportunity to take home fresh vegetables and treats to share with their families. The Green Room was adorned with pumpkins, balloons and activity stations for the the fall themes of Halloween and Harvest. "As the garden comes to a close for the season, we are looking forward to all our winter gardening activities, like growing in our mini green houses and testing out seasonal recipes in our kitchen," said Arielle Bruce. Founded in 2017, the Teaching Garden introduces environmental science, gardening and agriculture to members.

The Teaching Garden fosters numerous programs – weekly cooking classes and indoor greenhouse planting. During the full year gardening experience, members grow basil, tomatoes, kale, arugula, chives, spinach and lavender to name a few herbs and vegetables. These fresh ingredients are used to create program meals; from Cajun bean soup to cinnamon apple granola crumble!



Thanksgiving Hampers:

Over 25 families received Thanksgiving hampers filled with fresh fruits and vegetables, pie, savory goods and turkey.



This year, Thanksgiving Day was marked by the success of a very special Club project. Over 25 families received Thanksgiving hampers filled with fresh fruits and vegetables, pie, savory goods and turkey. Preparation for this project began mid-September when the Club began collecting food items for members' families. Like the Club's Easter Baskets project, the Thanksgiving project was organized to help families celebrate joy, gratitude and happiness. Some of the recipients included families attending the Pelham Park Gardens After School program. The Thanksgiving project was possible due to generous food donations from Metro Ontario, Mike and Nicole Tevlin, Furlani Foods and the Patrick and Barbara Keenan Foundation. Kim Turnbull was one of the recipients of the Thanksgiving hampers. "I would like to take this time to express my thanks and gratitude for the gracious Thanksgiving dinner you provided to me and my family," said Turnbull via email. "The oven-roast turkey was such a mouth-watering pleasure and the vegetables were absolutely flavourful. The kids said the pumpkin pie was the best they ever had."



Backpacks from PC's Children's Charity



As part of their annual employee campaign, PC Children's Charity prepared and distributed back packs with products for donation at the end of September. 2,000 back packs were filled with nonperishable foods from tuna, beans, mac and cheese and canned beans. Founded in 2000, President's Choice Children's Charity exists to help children access nutritious food and food education. According to the Charity's reports, over one million Canadian children are susceptible to ongoing hungry, and, childhood obesity has tripled since 1979. By providing grants to school food and afterschool snack programs - PC Children's Charity is improving children's well-being.

JUNCTION TRIANGLE CLUBHOUSE CELEBRATES HALLOWEEN



Halloween Decor

This Halloween season, Junction Triangle Clubhouse interns filled the Club's doors with creative, spooky decorations! Similar to Dovercourt Clubhouse, JTC members walked through a Haunted Halloween house at Perth Avenue Junior Public School and showed their Halloween spirit with costumes and indulging and treats. A big thank you to Allied Global Marketing for providing members with halloween-themed items from the THE ADDAMS FAMILY!



Kid Food Nation

What are the young chefs up to? This past month, JTC members made chocolate chip cookies!



Toronto Marlies vs Cleveland Monsters

Members kicked off the fall season by attending a hockey game on October 20. Go Toronto Marlies!



Ubisoft Toronto Gaming Tournament

Members took a trip to 61 Pelham Park Gardens to participate in a one-of-kind gaming tournament. The grand prizes included retro mini arcade machines and Equinox ship puzzles!



JUNCTION TRIANGLE CLUBHOUSE

Getting Ready for the Holiday Season

Dovercourt's Christmas Hamper Program and Christmas Concerts are back!



Program will support 250 families mainly with children in the Club's After School Program. If the Club is able to within its 2019 set target, a limited number of Hampers may be allotted for other families and partnering organizations.

Christmas Concert

The holiday season is incomplete without a grand Christmas concert. Every year, members of the Dovercourt Clubhouse and Junction Triangle Clubhouse participate in drama and theatre programs that allow them to develop a skit concept, rehearse and eventually perform for family and friends in the December. Christmas Concerts are a way of showcasing all that members are learning - from playing new instruments, expression and story development! Stay tuned for this year's theme and performance.

Boys and Girls Club Holiday Card Contest

Once more, Boys and Girls Clubs of Canada are hosting a Holiday Card contest. Members can submit their winter and holiday-related drawings for a chance to be featured! This year, the three chosen cards submitted from the Dovercourt Clubhouse and Junction Triangle Clubhouse:

Dovercourt Club is welcoming the Holiday season with a few special events. The Club's annual Christmas Hamper Program is back this year – 250 food hampers will be prepared and distributed to community members on Monday December 23, 2019. Prior to this, friends and family will have a chance to see what Club members and Theatre program participants were up to this fall. Dovercourt Clubhouse and Junction Triangle Clubhouse's Christmas concerts return in December where members will play instruments and perform skits, all created by them.

Christmas Hamper 2019

Dovercourt Boys and Girls Club for the past 8 years has provided Christmas Hampers for families and individuals in need. In 2018, the Club with the support of partners and volunteers provided hampers containing a variety of food, along with clothing and also toys for children. The Christmas Hamper Program exists primarily for the Club's members' families. The 2019 Dovercourt Christmas Hamper



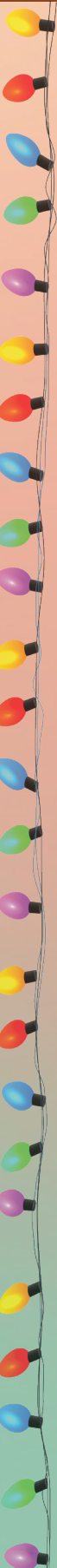
Bianca, Age: 8
Dovercourt Club



Millia, Age: 8
Dovercourt Club



Emma, Age: 8
Junction Triangle Clubhouse



#OrangeShirtDay: Reconciliation and peace

In honour of Indigenous children who were sent away to residential schools in Canada, September 30th marks Orange Shirt Day. On this day, community members are encouraged to wear orange to promote awareness and the history of residential schools that affected First Nations, Métis and Inuit families and communities. Between 1860s and 1990s, approximately 150,000 Métis, Inuit and First Nations children were sent to residential schools to be disconnected from their culture and assimilate into Canadian society. Orange Shirt day officially came into conception in 2013 but this movement began in 1973. On her first day at St. Joseph Mission Residential School, six year old Phyllis Webstad wore a new orange shirt but was forced to replace it with the school's uniform. September 30 was the chosen date for Orange Shirt day because at this time, children were collected in trucks and buses that would drop them off to residential schools. Acknowledging this practice was wrong, the Government of Canada apologized to the Indigenous community in 2008.

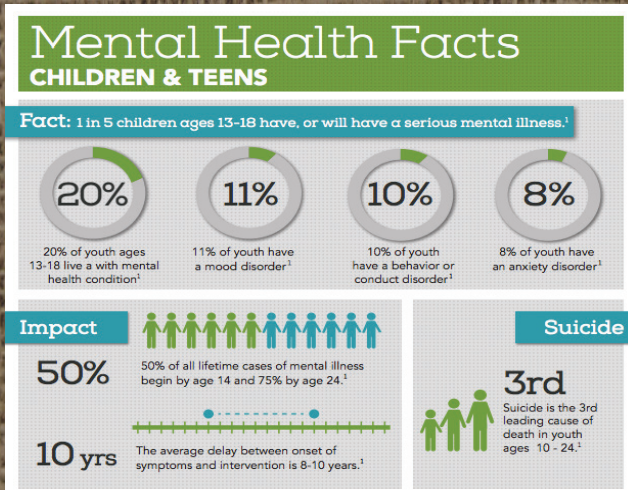


National Teen Driver Safety Week

Did you know youth represent the largest number of drivers who test positive for drugs or alcohol after a fatal crash? Hosted by Parachute Canada; National Teen Driver Safety Week is an annual campaign that aims to raise awareness for how youth can remain safe on the roads. Teen drivers are fatally impacted by consumption of alcohol and drugs when driving, distraction, speeding and lack of skill and experience. This year's campaign from October 20 to 26 focused on drug-influenced driving. How can parents encourage safe driving habits? Wear seat belts when driving with your teens as they will be more likely to wear them as well. Don't be hesitant to enforce family rules: no tolerance for drinking or impaired driving. Refrain from distracted driving practices yourself - speeding, texting or talking on the phone, etc. Lastly, communicate with your teens about their comfort level in driving; times and routes. Giving your children multiple options for getting home safely takes pressure off them to drive!

Mental Health Awareness Week

70% of Mental Health issues begin during childhood or adolescence. Global week; Mental Illness Awareness Week (MIAW) was held from October 6 to October 12. During this week, mental health advocates gather to speak about mental health and stigma surrounding it.



DOVERCOURT AND JUNCTION TRIANGLE CLUBHOUSES

"The Club that beats the Streets."

**REGISTER TODAY
FOR WINTER BREAK
CAMP:**
Dece 27 Jan 2
Dece 30 Jan 3
Dece 31



WINTER BREAK CAMP BEGINS DECE 27 WINTER PROGRAM RUNS 7:30AM TO 6:00PM AT DBGC

Dovercourt's Character Development is back this fall from 4:00pm to 6:00pm beginning Tuesday October 22, 2019. This year members can partake in photography (beginner and intermediate), guitar, keyboard, drumming, math, English and French tutoring. These lessons focus on the artistic scope of programming and allow children and youth to build key life skills in a fun and safe environment. The Club's Character Development programs are also facilitated at Junction Triangle Clubhouse: Math tutoring and Spirit of Drumming.

**ARE YOU
LOOKING FOR:**

-LICENSED PRESCHOOL CARE (AGES 2 1/2 - 4 YEARS OLD)
 -LICENSED BEFORE AND AFTER SCHOOL CARE (AGES 4 -5 YEARS OLD)
 -SCHOOL AGE CARE (GRADE 1-5)

If your children attend Ecole élémentaire Pierre-Elliott-Trudeau
 or St. Anthony Catholic School, this care is available
 for them

SPACES ARE AVAILABLE AND LIMITED. FIRST-COME, FIRST-SERVE BASIS. FOR
 INQUIRIES PLEASE CONTACT DAYCARE CENTRE DIRECTLY. DAYCARE SUPERVISOR
 CAN BE REACHED
 VIA 416-339-3369 OR CHILDREN@DOVERCOURTKIDS.COM

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
www.dovercourtkids.com



DATES TO REMEMBER

Annual General Meeting
 Tuesday November 12, 2019

P.A Day
 Friday November 15, 2019

BDO Presentation
 Tuesday November, 19 2019

P.A Day
 Friday December 6, 2019

Christmas Hamper
 Monday December 23, 2019

Christmas Day
 Wednesday December 25, 2019

Boxing Day
 Thursday December 26, 2019

**The Club welcomes DONA-
 TIONS for its Programming. To
 donate online, please visit:**

www.dovercourtkids.com

For information on Dovercourt Boys
 and Girls Club Programs or to volun-
 teer, please contact:

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**Tots programs
 are back!**



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