

The Extra Scoop



Dovercourt
Boys & Girls Club

WINTER 2020

DOVERCOURT BOYS AND GIRLS CLUB



Dovercourt
Boys & Girls Club

Hello Cold Days and Hot Chocolate Weather



-FURLANI-



Patrick and Barbara
Keenan Foundation

metro

Mike and
Nicole Tevlin



WORKING WITH COMMUNITIES IN
PEEL, TORONTO
& YORK REGION



Learning the art of observation and creativity in Character Development: Photography

Imagination and observation are some of the many skills Club members practised in Character Development's Photography sessions. Led by instructor, Carmine Groe; these sessions introduced fundamental concepts of photography known as "fill in the frame" and "rule of thirds. Whether you are using a DSLR camera or simply your cellphone; these concepts are crucial to capturing the most simple and complicated images. These concepts are guided by the idea of removing distractions and purposefully using elements such as light and contrast to support subjects. What's the best way to remember this theory? Practice, practise, practise! During these evening sessions, members explored different styles of photography - from portrait, filters, etc. by utilizing tricks applicable in the Nikon D series cameras. "My favourite part was the end because we took a lot of photos and got to use all of them," said Lorena Woods, Club member. "I liked being with my friends and learning how to use a camera."

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

- **Dovercourt Club concluded 2019 with the successful completion of Christmas Hamper Program.** Read more on page 7.
- **Junction Triangle Clubhouse partnered with Church of the First Born to celebrate Black History Month.** Read more on page 9.

After School Program is back

This year, Dovercourt's After School Program is back with Bounce Back League, Kid Food Nation and Character Development Programs. The Club concluded last year's After School Programming with a 12 Days of Fitness program leading up to the Christmas break. Led by the Club's Holy Rosary Catholic School staff, the 12 Days of Fitness program offered members the opportunity to become fit. Every day, staff members came up with and guided participants through a series of exercises – from jumping jacks to general stretches. "I thought it was a great idea, supported them and gave them freedom in deciding what exercises they were doing," said Afterschool School Coordinator, Igor Ribeiro. "I believe the kids had fun because it was a new, fresh way to start the After School Program."

Winners of Bounce Back League

In December 2019, Bounce Back League's first session culminated with an exciting soccer tournament. The winning team was Sporting FC with players Gianluca Carnevale, Alessandro Carnevale, Tomas Alves, Mateo Rocha and Ayub Ibrahim. This program is designed for children to develop physical skills, life skills to bounce back from ups and downs of playing sports and provide learning opportunities for children to try new sports. "Children learned perseverance, teamwork and commitment," said After School Program Coordinator, Shevin Joseph. "Certain players developed leadership skills by leading their teams."



The Changing Landscape of Organized Sports: VR, Tech

When you think of organized sports you may imagine a group of children passing, dribbling, or huddled together around their coach. Perhaps the game board or any other tech-related activity or element are overlooked. In the Club's previous issue of *The Extra Scoop*, it was mentioned organized sports help youth build confidence, positive social interactions and prepare them for any adversity they may experience later on in life. Clubs and schools facilitating organized sports are facing a new challenge of declining participation. Though household income, parental education, geographic location, and the increased use of technology may affect participation – there are elements of technology that prove to be beneficial

in sports. Virtual reality, smart helmets and equipment are a few of the many technological streams that are changing the landscape of organized sports for players, management and audiences. Now more than ever, great attention is placed on data and using player stats and analytics to make quick decisions. Take on-field cameras and tracking devices as an example: these small and highly powerful gadgets are integrated into players' shoes and helmets- making it easier for coaches to track statistics and make quick team dynamic decisions. Such analysis helps management identify weaknesses and make line up adjustments accordingly. Larger cameras are no exception. Particularly in basketball, cameras that are used to capture games were originally built for

the military to track missiles. The accuracy exceeds expectations as these cameras capture 25 frames per second.

In total, an average of six cameras are typically placed to cover a NBA game. In a 2016 IT World Canada article, Toronto Raptors general manager and president, Masai Ujiri voiced his support for using technology to decide team operations and direction.

“The world has become more analytical. We need to collect a lot of data to be successful,” said Ujiri.

The need for data and technology is apparent in all sports including Canada’s national sport; hockey. Created by a Boston-based company, new hockey virtual

simulator, Sense Arena was launched in Canada in December 2019. The technology featured hockey sticks with VR sensors that are placed on the blades and shafts which lets the software know what the position or orientation of the hockey stick is. Players can wear a VR headset and simulate walking on a hockey rink.

The technology offers training for various skill levels which are designed to accelerate scoring, build players’ peripheral vision and agility. Fan experience is changing too. Intel True VR introduced a new way to experience NBA games through launching its TNT Live VR program. With the purchase of the headset device, fans can watch the game anywhere. This technology was used during Toronto Raptors

and Milwaukee Bucks game on June 30, 2019 where the NBA, TNT and Intel created TNT’s 3D VR broadcast of the game. An Intel trailer offered headsets which let fans choose their favorite camera angle and watch the game.

In 2018, Intel broadcasted seven games in VR and expanded in 2019 with 10 games, full-game replays and highlights. The integration of these tools is enhancing the player and fan experiences. By having access to analytics and data; decisions can be made swiftly. But such tools do not omit the importance of emotional and mental development, drive, and grit. Only some qualities can be developed and some can be enhanced.



Character Development

Character Development is back this season with theatre, guitar, keyboard and tutoring sessions just to name a few! This year, programming runs from January to March and tutoring programs are offered at Junction Triangle Clubhouse as well.

Descendants Play



Members had a blast putting on a Descendants and High School Musical inspired play in February 2020. A big thank you to all Club staff and parents who helped organized this show!



Kid Food Nation

The fall to winter Kid Food Nation program was a success with Club's new Garden Program Coordinator, Iris Karuna. In partnership with Boys and Girls Clubs of Canada, Public Health Agency of Canada, Corus Entertainment and Social Research and Demonstration Corporation, Kid Food Nation aims to support healthy eating habits in kids aged 7 to 12 years old. In the final week of the program, participants assisted in making a vegetarian lasagna to celebrate the program's completion.



The curriculum for these sessions included using locally grown and raised foods creatively and integrating elements of Teaching Garden Program as well. By witnessing and understanding the growth of fresh vegetables, fruits, and herbs, members are better equipped with agricultural knowledge which they use to create recipes and meals from.

Participants also adapted basic salad dressing recipes and altered it to their own tastes – creating unique alternatives. “We learned cutting skills and I’ve used them at home,” said Sasha McCammon, Club member. New Kid Food Nation sessions began at Dovercourt and Junction Triangle Clubhouses in January 2020.

Teaching Garden; Grow. Eat. Compost. Repeat

New Teaching Garden activities include root cuttings from house plants, discovering countertop alfalfa sprouts, making bird feeders for winter birds, collaborative mural making, and recycled fashion. “I wanted to learn how to be a gardener,” said Mia Peddie, Club member. For winter 2020 sessions, members will continue indoor gardening while preparing for the spring season. From learning about composting, to waste reduction strategies, members will immerse themselves in practicing horticulture.



Building Towers with HP Canada

Similar to Dovercourt, Hewlett-Packard (HP)'s ethos is supporting local communities and developing employee culture. Both forces merged together on Thursday January 30th, 2020 to organize programming for Club members. Organized by Ishmal Hussain, North America Communications, HP Canada and respective team members- HP Canada volunteers facilitated a spaghetti and marshmallow tower building contest, provided pizza lunch and participation photos and certificates to

members. “The activity was meant for kids to take on the roles of engineers as they try to build a structure that can withstand the weight of a marshmallow,” said Hussain. “We wanted the kids to communicate and work as a team to accomplish their goal within the allowed timeframe.” This programming day is one of many that HP has organized for Boys & Club Clubs around North America for their community outreach initiative: “Channel for Change.”



Dovercourt Club's Star Supporters



Club members were introduced to new healthy snacks thanks to Basic Needs, Brighter Future program, sponsored by PC Children's Charity. Broccoli, cheese and crackers were some of healthy combinations prepared for members. The program is designed to provide more food for Boys and Girls Clubs' members and promote the importance of healthy food.



Thank You For Volunteering!



Over 260 volunteers participated in prepping, boxing and delivering over 1,200 food boxes, winter coats and presents to families last season for the Christmas Hamper Program. In addition to community member volunteers, thank you to additional volunteer teams from Toronto Police Service, The Boulevard Club, Alexander Muir/Gladstone Ave Junior and Senior Public School, Royal Bank of Canada, Ubisoft, President's Choice, Bank of Montreal, Toronto Gaelic Athletic Association, Mondelez International, Belair Direct, and Ferrero Roche!



Alexander Muir/Gladstone Ave Junior and Senior Public School, Bank of Montreal and The Boulevard Club volunteer teams.



President's Choice volunteer team.

What's Happening At the Club

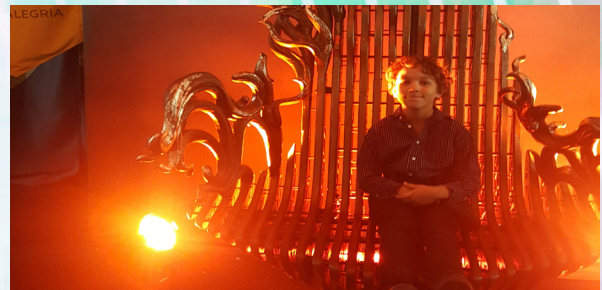


Community Day courtesy of Cineplex

In December 2019, Cineplex partnered with Warner Bros Pictures Canada to offer holiday movies for movie buffs for its ninth annual Community Day fundraiser. On Saturday December 7, Canadian families and Club members were invited to visit their local Cineplex theatre and watch free movies. All proceeds from sales and donations were used to support Boys and Girls Clubs of Canada.

Holly's Toy Drive

Dovercourt Club hosted Maria Jones Aerobathon for Holly's Toy Drive in December 2019. Organized by Maria Jones and George Stonehouse, parents of the late Holly Jones, this fundraiser encourages



Cirque du Soleil

Junction Triangle Clubhouse member, Andreas celebrated his 9th birthday in November 2019 at Cirque du Soleil. This trip was courtesy of Patrick and Barbara Keenan Foundation.



community members to donate unwrapped toys and/or non-perishable food items for people in need in memory of their daughter, Holly. Over the course of two hours, Maria led more than 75 participants through the aerobathon. All donations were used for the Club's Christmas Hamper Program.

MISSION

ZERO

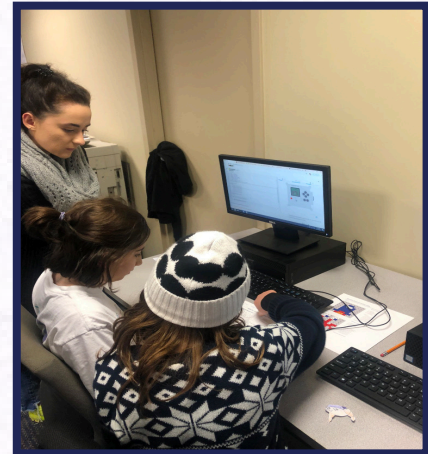
In partnership with Kids Code Jeunesse (KCJ) and Astro Pi – Dovercourt Boys and Girls Club facilitated the Mission Zero workshop on Wednesday February 12, 2020. Mission Zero provides kids with the opportunity to write simple python computer programs which run in space on the International Space Station (ISS) and are displayed to astronauts onboard.

Members between the ages of 10 and 14 years old gathered in the Club’s Technology Learning Centre to create messages.



This workshop aims to help kids learn basic programming concepts, explore science, coding and space concepts and use code as a creative tool to develop a visual message. “There’s a lot of interest in computers and there’s a lot we can learn from it as well,” said Shevin Joseph, After School Program Coordinator. “It’s our duty to teach younger generations about using computers for the right reasons and that it’s not just about games.”

Astro Pi is a European Space Agency project with the Raspberry Pi Foundation which runs the non-competitive challenge; Mission Zero. Originally developed in Europe, Astro Pi has opened up to Canadian parties with this year being the third time Canadians were invited to participate in.



#HAVEAHEART DAY February 14, 2020

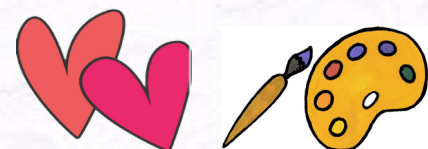
Created by the First Nations Child & Family Caring Society #HaveaHeartDay, held on Friday February 14, brings Canadians together to help ensure Indigenous children living on Reserves have the services they need to grow up safely at home, get a good education, be healthy and proud of who they are. From Monday February 10 until Friday February

14, Dovercourt and Junction Triangle Clubhouse members created #HaveaHeartDay posters and sent them to Prime Minister Justin Trudeau and Member of Parliament, Davenport, Julie Dzerowicz to encourage change for Indigenous kids.

The hearts symbolize unity. Members learned about Indigenous cultures through fact sheets. “We must work together to ensure that Indigenous children have every opportunity to grow up in safe homes, supported by their families and communities,” said Canadian Senator Kim Pate in a public statement for Have a Heart Day 2020.



“They must have opportunities to learn their language and cultures, in addition to having such necessities as access to clean water, healthy food, appropriate health care and education.”



Christmas Hamper 2019

Additional focus on providing necessities for babies and toddlers and more



“A greater amount of emphasis has been placed on individual children within each family.” said Sheldon Taylor, Executive Director.



The 9th annual Dovercourt Christmas Hamper program supported 260 families mainly with children in the Club’s After School Program. From December 19 to December 23, 2019 volunteers from supporting partners, Club staff and community members organized, packed and delivered hampers. Main sponsors of the program include: **Metro**, Mike and Nicole Tevlin, United Way, Patrick and Barbara Foundation and City of Toronto.

What made this year’s Hamper program different from previous years? “While we’ve reduced the number of families receiving Hampers, a greater amount of emphasis has been placed on individual children within each family. For example for the first time all children received toys; babies and toddlers were also focused on with food, diapers and other age appropriate products. In addition, the amount of food for each family increased,” said Sheldon Taylor, Executive Director.

Each hamper set was comprised of 5 boxes containing fresh fruits and vegetables, meats, turkey and nonperishable items. In total, 1,300 individual food boxes were prepared and packaged by 230 volunteers and Club staff. This year, new partnerships include Liberty Kids, Ubisoft, United Dairy Grocers Inc, YooBi Michaels, RBC, CIBC Mellon and Adidas.

Due to generous toy donations from Holly’s Toy Drive, TD St. Clair, Wilson Track & Structures, ATU Local 113, Liberty Kids, City of Toronto and Bloor Street Fitness & Boxing, Dovercourt was able to provide toys to children of hamper recipients. In addition, support from Board of Directors, donors and community members and staff made this Program possible.

“This year, we received more positive feedback from the community and donors. The effort our team put into running this program was really rewarding,” said Yameena Yogeswaran, Human Resources and Grant Administrator.



Club Holiday Spirit

Skater John Fund is making way for hockey and ice rinks to stay current amongst younger generations.

Dovercourt and Junction Triangle Clubhouses hosted Christmas celebrations to conclude the 2019 holiday season. Dovercourt held its annual Christmas concert featuring skits and keyboard and drumming performances.



A new addition and highlight of the concert was a toy soldier performance by members and instructor, Rick Mercer of the Spirit of Drumming program. Junction Triangle Clubhouse showcased their holiday spirit with a Christmas party the following week that hosted the announcement of Skater John contest winners. The first contest winner was Elliot Shaw; who plays both right wing and defense hockey positions and the second winner was Victoria Mendoza Perez who enjoys skating and is also a musician! In memory of John Sarchese and to celebrate his life, John's family and Dovercourt organized a donation fund last year to buy a deserving boy and girl a pair of skates to celebrate his love of life and hockey. John passed away



Tony Palermo (L) and Elliot and family.

in December 2018. He was passionate about The Toronto Maple Leafs & Old Timers Recreation Hockey. He played in a community league and was not able to use a new pair of skates gifted to him by his sister for Christmas. To continue his legacy and in lieu of flowers, this donation fund will allow members of the next generation to be inspired to play hockey.

Strengthening Hockey Spirit in Toronto

Donation funds like the Skater John Contest not only eternize legacies of community members but keep hockey and ice-related sports prevailing. According to City of Toronto's fall 2019 implementation plan, "Implementation Strategy for the Parks and Recreation Facilities Master Plan 2019-2038," usage of ice rinks is dwindling. Due to declining

usage of ice rinks, Toronto will repurpose some of them for other recreational activities in select neighborhoods. The average longevity of an ice rink is 50 years and a majority of the existing ice rinks reflect the design, capacity and needs of the public decades ago. From now until 2041, Toronto's population is expected to grow by 500,000 people and this will impact urban planning and infrastructure. These macro-level changes will ensue, changing ice rinks and hockey participation; however creating opportunities for youth to participate in this sport, by providing skates, etc. is a step forward in keeping it existent.

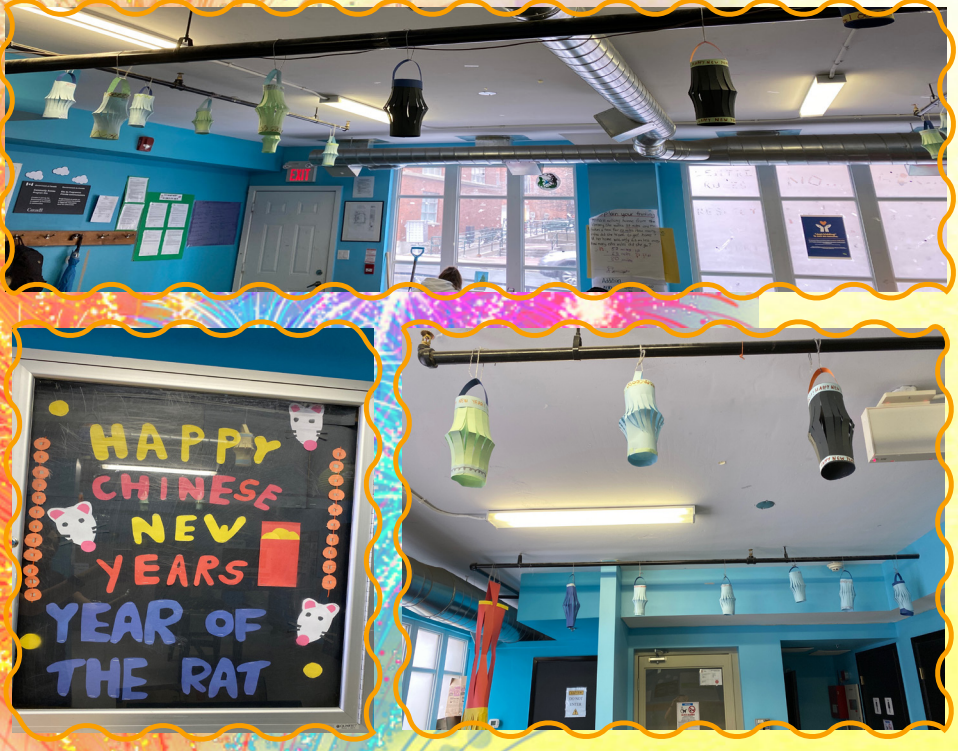


Victoria (L) and Tony Palermo

**Congratulations to
Elliot and
Victoria for
winning the
Skater John
Contest!**

Happy Chinese New Year!

Junction Triangle Clubhouse celebrated Chinese New Year by creating the most common type of lanterns – the hanging variety. These decorative lanterns are hung during Chinese New Year as a token to scare away the Nian monster and bring good luck. Not only are lanterns used for decoration and modern forms of celebration and worship – but they have also become symbolic of national pride in China. One sixth of the global population celebrates Chinese New Year and celebrations span Hong Kong, Taiwan, Vietnam, Singapore and Canada as well. Celebration decorations are primarily in red which symbolizes happiness, wealth and prosperity in Chinese culture.



JUNCTION TRIANGLE CLUBHOUSE

February is Black History Month and Junction Triangle Clubhouse is celebrating this month with a special event encompassing music, dance, food and performances on Sunday February 23, 2020. The Club has partnered with Church of the First Born again this year to commemorate Black History Month. A special shout out to member, Khiya Stephens Sullivan for creating this incredible informational poster!

Dovercourt Club's Character Development Program Prepares the next theatre stars

The Toronto Theatre District is the third largest English-speaking theatre hub in the world. From commercial shows to not-for-profit productions, there is a space for entertainment and creativity for people of all backgrounds. Rich in history, this district came to the global forefront with the development of historic platforms; Toronto International Film Festival (TIFF) and Roy Thompson Hall.

Dovercourt Club's theatre instructor, Jane Wieczorek worked for numerous arts organizations including TIFF, Canadian Opera Company, Young People's Theatre and The Stratford Festival before instructing at Dovercourt. "I believe the arts can help with things like confidence, self-esteem, focus, determination, resilience, and patience," said Wieczorek. "Through programs like this you can cultivate lifelong friendships and it can possibly help in deciding what you might want to do as a career, it can set you on a path you had never even imagined before." As a multi-faceted theatre professional, Wieczorek acquired theatre, acting and writing experiences through her former internships and jobs; where she wrote teacher resource guides and facilitated a variety of education programs. Along with her involvement at Dovercourt, Wieczorek juggles

another job; Education and Historical Interpreter at Black Creek Pioneer Village and Todmorden Mills. Theatre was a childhood passion for Wieczorek who pursued a minor in Theatre Studies at University of Guelph, extracurricular drama activities and through her experience in teachers college decided theatre will be her main teachable subject.

"I strongly believe that participation and involvement in the arts can help you find the best version of yourself," said Wieczorek.

From the Club's previous Character Development theatre sessions, Jane returned this year with curriculum changes. This term on Thursdays, theatre class time is divided into two halves; one which focuses on acting,

games and creating skits and scenes and the second half focuses on props, set and costume design. Planned by Wieczorek this new curriculum style gives members the opportunity to understand and be exposed to the complete theatre experience from theory, technical and practical application. Having attended After School Programs herself, Wieczorek learned that these programs help instructors to become cognizant of multiple learning and teaching styles, learn the importance of having fun and keeping programs active and diverse with games and activities.

Wieczorek said: "In my teaching I try to do things that will address many different learning styles and ensure that participants feel confident at the end of the class in what they have learned. I also have learned that having fun in these After School Programs is obviously of the utmost importance."



Read a book... or two!

Family Literacy Day

The initiative, Family Literacy Day began in 1999 and since then each January 27th is dedicated to raise the importance of reading and participating in literacy activities as a family. This initiative was founded by ABC Life Literacy and encourages thousands of libraries, schools and community groups to participate and host fundraisers, book drives and literacy-themed games and contests.

Read Canadian Day

The annual Read Canadian Day was held on February 19. This day celebrates Canadian books and literature for young people. Read Canadian Day is dedicated to reading Canadian literature and aims to empower families, schools, libraries and organizations to host local activities and events within the week. Schools and community facilities are encouraged to create challenges to increase readers' participation.

What's in a Book?

Did you know children who are frequent readers are more likely to have parents who read books 5 to 7 days per week? In 2017, Scholastic in partnership with YouGov conducted a survey to study reading behaviors amongst Canadian families and published their findings in Scholastic Canada's first Kids & Family Reading Report Canadian Edition. Aspects of the survey include what Canadian children and parents want in books, reading aloud, reading in Canadian schools and summer reading.

It is evident that the first five years of the formative years of child development offer the greatest opportunity to boost brain development. Reading, along with consistent communication, stimulation and attention accelerates this process significantly. According to the report, girls (38%) are more likely than boys (30%) to read consistently, the most consistent reading age group is between 6-17 years old



and boys are 24% more likely than girls to have trouble finding books they like. Besides the apparent benefits of reading – developing vocabulary and language skills, exercising imagination and being academically successful; reading provides children the opportunity of emotional and mental development as well. According to Scholastic's report, children who are frequent readers have reported gaining inspiration (76%) and a sense of achievement (90%) from this activity. Though there is no specific or best way to read to your child, scientific suggestions for best ways to read to your child researched and recommended by The National Institute for Literacy include:

- > Singing the ABC song, nursery rhymes and lullabies
- > Encouraging your child to use their imagination to come up with their own stories and asking them questions about it
- > Role-playing different characters in the story which you are reading to your child. Expressive reading; changing voice or accents to differentiate characters.
- > Encouraging your child to point to pictures and repeating the words you've read.

DOVERCOURT AND JUNCTION TRIANGLE CLUBHOUSES

“The Club that beats the Streets.”

**REGISTER TODAY
FOR JUMP INTO
SPRING**

**MARCH 16 - MARCH
20**



MARCH BREAK CAMP BEGINS MARCH 16 WINTER PROGRAM RUNS 7:30AM TO 6:00PM AT DBGC

Dovercourt Boys and Girls Club’s Jump Into Spring March Break Camp is back this year with daily themes, exciting activities and trips to Allan Gardens, Medieval Times and Young People’s Theatre. Daily themes are Scavenger Hunt, St. Patrick’s Day, Music, Beach and Pajama Day. Specialty camps include Math Excel Camp, Master Chef, Swim N Splash Camp, Regular Camp/Garden Program and Tots Camp (4-6 years old)- all hosted at Dovercourt Clubhouse. Junction Triangle Clubhouse’s camps are hosted at Alexander Muir/Gladstone Ave Junior and Senior Public School.



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



**Tots programs
are back!**



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DATES TO REMEMBER

Women’s International Day
Sunday March 8, 2020

Jump Into Spring
Monday March 16 –
Friday March 20, 2020

St. Patrick’s Day : Club Celebration
Tuesday March 17, 2020

Autism Awareness Day
Thursday April 2, 2020

Good Friday
Friday April 10, 2020

Easter
Sunday April 12, 2020

National Volunteer Week
Sunday April 19 –
Saturday April 25, 2020

Earth Day
Wednesday April 22, 2020

**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
volunteer, please contact:

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