



## EAST END CHILDREN'S CENTRE NEWSLETTER

For families, caregivers & friends



Summer 2008



### EECC Summer Closures

#### Summer program closures:

Each year, East End Children's Centre's programs close for part of the summer to allow time for staff vacations and for extensive cleaning of toys, furniture & equipment. Here are the details:

Terry Fox: Closed August 4<sup>th</sup> - 22<sup>nd</sup>.  
Kimbourne: Closed August 5<sup>th</sup> - 22<sup>nd</sup> EXCEPT for Saturdays (the 9<sup>th</sup> & 16<sup>th</sup>) and Mondays (the 11<sup>th</sup> & 18<sup>th</sup>)  
Presteign Church: Closed for the month of August

For information about other drop-in programs in Beaches-East York, call:

- Ontario Early Years at 416-686-3390
- Applegrove Community Complex at 416-461-5043



### Mark your calendars!

The **EECC greeting card fundraising** campaign will return early **September 2008**. Research notes that kids develop confidence, decision making skills, and self esteem through art. We had great response by kids and caregivers that the kids' custom greeting cards was a not-to-be missed activity last year. More information to come in the soon!!!

Our popular auction returns this fall on **Saturday November 8<sup>th</sup>, 2008**. This is a fun evening where all proceeds raised go towards the East End Children's Centre. Note there is no child care at this event. This evening is a great night out filled with grown ups, conversation, great food, exciting auctioning and all for a good cause.

Want to help? We welcome your donation of a **new** item (i.e. new toys in packaging, household items, gift certificates, new books, etc) for our auction.

All proceeds raised through fundraising goes directly to your **East End Children's Centre**.





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### Why apple juice is disappearing from menus in children's programs...

Apples with skins are a good source of nutrition. With the skin on an apple offers; 4 g of fibre, 8 g of Vitamin C, and 7 mcg of Vitamin K. Apples have pectin in them, which helps to bind with and remove heavy metals from your system. Apples are bursting with antioxidants and nutrients!

So if an apple is so great for you - apple juice must be great for you - right? Not so fast...

Most of the benefits of the apple come from the skin, and from the fibre construction of the apple. These benefits are lost when the juice is mashed out of an apple. What is left is the water in the apple and the fructose (sugar). Even when the juice is unsweetened.

A growing body of science is linking sweet drinks, natural or otherwise, to a host of child health problems, from tooth decay to obesity. A study by the Centres for Disease Control and Prevention found that for 3- and 4-year-olds already on the heavy side, consuming sweet drinks (including 100% fruit juice) doubled their risk of becoming seriously overweight a year later. Children in the normal weight range did not appear to be adversely impacted by juice consumption.

Dr. David Ludwig, an expert on childhood obesity at Children's Hospital in Boston stated "Juice is only minimally better than soda". A 12-ounce bottle of grape soda pop has 159 calories. The same amount of unsweetened grape juice has 228 calories. "What is needed to replace fluid loss and satisfy thirst is the same beverage we've been drinking for millions of years", says Ludwig, "and that's water".

(Sources: <http://www.cbsnews/stories/2005/02/11/health/printable/673229.shtml>  
<http://www.bellaonline.com/articles/art32279.asp>  
[http://www.usatoday.com/news/health/205-02-07-drinks-kids\\_x.htm](http://www.usatoday.com/news/health/205-02-07-drinks-kids_x.htm))



### Looking for Alternatives to Refined Sugar? Try Agave!

What is Agave? Agave nectars are honey-like syrups with a low glycemic index (GI) of 39. They sweeten naturally without spiking blood sugar levels. These golden nectars are delicious, and they brighten flavours without overpowering them.

Agave nectars are fructose syrups; traditional sugar, which is almost completely sucrose, has a GI index of approximately 110. Agave nectars are 25% sweeter than sugar and dissolve quickly, so less is really more!

Agave is gluten-free and vegan appropriate. It can be used to sweeten baked goods, fresh fruit, smoothies, salad dressings, savoury sauces, cereal, iced tea and lemonade.

(Source: [http://www.theorganicreport.com/pages/665\\_pure\\_sweetness\\_organic\\_blue\\_agave\\_nectars.cfm](http://www.theorganicreport.com/pages/665_pure_sweetness_organic_blue_agave_nectars.cfm))





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### Janet Davis Goes to Bat for EECC

As many of you know, our organization has been dealing with a **financial crisis**. When the good people of Kimbourne Park United Church, after subsidizing us for over 15 years, very nicely asked us to start paying market value rent (to avoid their own financial crisis), we didn't know what we would do. Then, there was a cut in our Ontario Early Years funding, leaving us with a gap in our salary budget, impacting all three of our programs.

We asked you, our community of parents, grandparents, and caregivers to help out by contributing one dollar each time you visit our programs. Many of you responded with loonies & toonies in our collection jar. Some of you contributed larger amounts.

The next thing we did was contact Toronto Councillor Janet Davis to inform her of our predicament. The City of Toronto (Children's Services Division) is our core funder. Although every year, we ask the city to increase our funding, the standard increase of 2% doesn't go very far. Janet Davis initiated a dialogue with city staff and the result was an additional \$6,000 for rent, effective July 2008. If all goes well with our 2009 budget submission to the city, that could be annualized to \$12,000 ongoing (fingers crossed!).

Although we are still falling short of our goal of paying market value rent, our good friends at Kimbourne Park United Church are elated with the additional income and we are all very grateful to Councillor Davis for going to bat for us.

What can you do? **We still need your contributions**. If you are in a position to pay \$1 each time you visit our programs, and if you see it as good value for yourself and your child, we urge you to give. If you can give in larger amounts, or perhaps your child's grandparents would like to make a **tax deductible donation**, cheques can be mailed to our Kimbourne site. On-line donations can be made at [CanadaHelps.org](http://CanadaHelps.org). Search "East End Child" to find us. Our charitable number is 101544351 RR0001.

And... when you see Councillor Janet Davis out in the community; express your appreciation so she knows you value our programs. Politicians get a lot of well-deserved criticism, but it's important to give them "warm fuzzies" when they help us, and help us she did!



### Thanks for your Donations!!

East End Children's Centre gratefully acknowledges financial support from:

- The Ashworth & McClenny family
- The Gonzalez family
- Anita Bedi
- Caroline Fernandez, in memory of Millie Berwick
- Ilir Shijaku
- Cathy Palmos
- Camilla Jenkis
- Suzanne Thibeault
- Doreen Handley
- Salme Remo
- Jenifer Marvin
- Sheila Holyer
- Annemarie Libby
- CN Rail
- CN Employees' & Pensioners' Fund
- Kraft Canada

An extra special thank-you to Eddie Wilbur, whose guests at his first birthday party made gifts to East End Children's Centre! In Eddie's honour, donations were made by Jim Wilbur, Nancy & Tim Wilbur, and Joanne & Allan Tunnicliffe. Happy 1<sup>st</sup> Birthday, Eddie!!!





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### Summer Activities

- Pack a lunch and enjoy a FREE city of Toronto splash pad, wading pool or swimming pool. Find one near you at [http://www.toronto.ca/parks/recreation\\_facilities/swimming/index.htm](http://www.toronto.ca/parks/recreation_facilities/swimming/index.htm).
- Visit a Toronto Public Library. Air conditioned and full of fun. Reading club activities run every week of the summer.
- Entrance to the Royal Ontario Museum is free the last hour of every Wednesday from 4:30 pm to 5:30 pm.
- Every Thursday evening, at the Bata Shoe Museum, between 5 and 8 pm, admission is pay-what-you-can, with a suggested donation of \$5.
- Invite a friend for a play date.
- Visit an Ontario Early Years Centre
- Pack a snack and head to a local park
- HAVE A SAFE AND FUN SUMMER

For persons with limited mobility;

Beach wheelchairs are now available, for borrowing, for persons with limited mobility at the local beach. Explore and enjoy the beaches at Woodbine, Ashbridge's Bay or Kew-Balmy. Reserve a chair up to 24 hours in advance by calling 416-392-7688. Pick up beach wheelchairs at Donald D. Summerville Pool reception area. Remember to bring a buddy to push the chair.

### East End Children's Centre - Hours & Locations

<p><b>Kimbourne Park United Church</b> 200 Wolverleigh Blvd. (basement) 416-469-0495</p> <p>Drop-In Hours: Tues, Wed, Thurs 9 am - 12 noon Saturdays 10 am - 1 pm This program is closed during the first three weeks of August. Saturday programs will continue operating during this time.</p>	<p><b>Terry Fox Recreation Centre</b> Gledhill School 2 Gledhill Ave. 416-425-4051</p> <p>Drop-In Hours: Mon &amp; Fri 8:45 am - 12 noon Wed 12 noon - 3 pm (Sept-June) Wed 8:45 - 12 noon (July &amp; August) This program is closed the first three weeks of August.</p>	<p><b>Presteign United Church</b> 2538 St. Clair Ave. E. North-East of the St. Clair &amp; O'Connor intersection 416-469-0495 (Yvonne)</p> <p>Drop-in hours: Fridays 10 am - 12:30 pm This program will be closed for the month of August</p>

