



The

# LIGHTHOUSE

Helping People | Changing Lives

1008 Bathurst Street • Toronto • ON M5R 3G7

416-535-6262

Fall 2017

## Sharing a Meal at The Lighthouse: A New Program!

by Tiffany Kwok

The Lighthouse food bank is now serving a healthy and nutritious lunch during food bank hours. Thanks to Daniel and Juliet, students from George Brown's Augmented Education - Assistant Cook (Extended Training) Program!

In March, The Lighthouse was approached by Teresa Doell, Job Coach/Job Developer from George Brown's Augmented Education, to see if The Lighthouse would be open to hosting two students for 150 hours of work placement in the summer semester (May-August).

*"I used to work at Bloor & Bathurst managing the culinary kitchen and event space at Nella Cucina. I always saw The Lighthouse as a community space. Then, when Daniel's mother mentioned The Lighthouse as an organization that has helped out at their church in Scarborough, I looked into making contact to inquire about food service based student placement opportunities."*



The Assistance Cook (Extended Training) is a free and unique program that provides people who have a history of addiction and/or mental health issues with the opportunity to receive training and employment in the food service industry. The program is designed for students who see work as part of their recovery process. The goal of this program is to help people with barriers to training and employment take the first steps towards a job in Toronto's food industry. Augmented Education is a training and employment support model developed by George Brown College and the Centre for Addiction and Mental Health (CAMH). The Assistance Cook (Extended Training) program is one of two Augmented Education programs currently offered at George Brown College.

After meeting with Teresa, and the two potential students, Daniel and Juliet, The Lighthouse embarked on this new partnership opportunity as it meets the needs of food bank members and aligns with goals of the Neighbourhood ministry. According to Teresa,

*"The work placement component functions to provide our students with industry experience. Each student is different with unique goals and offers many skills to an exciting food service environment. With regards to Daniel and Juliet they wanted to complete their placement hours with an organization that serves its community. They were each looking to apply and practise their culinary skills from George Brown College in a setting that allowed them to make a difference in the community."*

On Fridays, Daniel and Juliet begin by assisting with the general food bank preparation work, such as tidying the food bank space, stocking shelves, and sorting the leftover produce.

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## Giving Tuesday: Join the Movement!

Black Friday. Cyber Monday.

# #GIVINGTUESDAY™

**November 28, 2017**

"Giving Tuesday" is a day of giving that happens each year after Black Friday and Cyber Monday. Originally it started in response to all the spending that happens around this time of year. Now, it marks the opening of the giving season!

It is a time for Canadians to come together to celebrate giving and participate in activities that support charities and non-profits. There is no "right" way to participate as long as it supports generosity and giving. *Join the movement!!*

It's easy. Just go to [www.lighthousecentre.ca](http://www.lighthousecentre.ca) and click on the "Donate Now" button on November 28, 2017. Your giving will go a long way to help those who are in need. Thank you for supporting The Lighthouse.



### The Lighthouse's Annual Dinner and Silent Auction



On Saturday, November 4 The Lighthouse will be hosting our Annual Dinner and Silent Auction at Toronto District Christian High School (377 Woodbridge Ave) in Woodbridge.

We will enjoy a presentation from our Neighbourhood ministry.

Doors open at 5:30. Dinner and program at 6:30. Please contact Rob by November 2 at 416-535-6262 or [info@lighthousecentre.ca](mailto:info@lighthousecentre.ca). Your reservation is your ticket.

*A donation request will be made at the dinner.  
Thank you for your support.*



## A New Opportunity for The Lighthouse

Do you want to save money, care for your garden and protect the environment? A rain barrel will help you meet all three goals.

Rain barrels are an effective way to help the environment. They capture and store chlorine-free and fluoride-free rain water from the downspouts of your home, making it ideal for flowers, vegetables, lawns, shrubs, and trees. Collected water can also be used to wash cars, clean floors and even do laundry. Rain barrels also provide water conservation opportunities, particularly during the dry summer months and help divert water from the foundation of buildings.

These environmentally friendly products were once used to transport fruits and vegetables, but have been repurposed. Now they offer years of reliable service as rain barrels.

***The Lighthouse is selling rain barrels next spring. Check out our next newsletter for information about how you can get yours.***

## Thank You to Bianca and Jelle!



We would like to express a big thank you to our dedicated and industrious summer students, Bianca Martin and Jelle Koersen. Thank you for all your hard work in making this year's summer programs a tremendous success.



## Upcoming Events

Annual Dinner & Silent Auction - November 4

Coldest Night of the Year - February 24, 2018



/thelighthousecenter

[www.lighthousecentre.ca](http://www.lighthousecentre.ca)



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Together with Lighthouse staff Tiffany Kwok, Daniel and Juliet assess and determine a healthy meal that can be created with the food available. Daniel and Juliet then write up an action plan, much like writing a recipe, for the preparation of the meal. The food served during the food bank is a complementary lunch offered to food bank members. Through this meal, we are able to introduce new foods and produce to clients, to demonstrate new ways of cooking healthy and inexpensive ingredients, and to engage clients in discussions about healthy eating and cooking.

*“The Lighthouse as a space for work placements has been integral to Daniel’s and Juliet’s success in this program. We need places like The Lighthouse to help support students who are faced with a broad scope of challenges. We need employers and community leaders who are willing to step outside the box and get creative when it comes to engaging our students in their work. Daniel and Juliet are thriving at The Lighthouse and have been given the opportunity to put their newly acquired skills to work.”*

Thank you Daniel and Juliet!



## Vietnamese Family Camp



## Hispanic Family Camp



## Neighbourhood Children Drop-In Program



## From Rob's Desk

Change is taking place at The Lighthouse!

Recently we were informed by **Tiffany Kwok**, our Administration Coordinator, that she was leaving. Tiffany has worked for The Lighthouse since 2012 and will be deeply missed. For the first two years Tiffany worked part-time on our website and social media communications. Three years ago, Tiffany started working fulltime overseeing the Neighbourhood Ministry, including the Foodbank, Income Tax Clinics, as well as other community initiatives. Her work was important and she was loved by clients. The Board and staff are grateful for her time and dedication to The Lighthouse.



**Tabitha Eastman** will be our interim Administration Coordinator for the next six months. She worked for The Lighthouse for three summers assisting with summer camps and the food bank. She was also actively involved with the Fundraising Committee for a number of years. For those who attended our 2015 and 2016 Annual Dinner, Tabitha was one of the Master of Ceremonies (although then known as Tabitha Peiris).

Tabitha attended Grace Christian Reformed Church and lives in Hamilton. She recently married Brydon Eastman and is now happy to start another new chapter in her life at The Lighthouse!

Change is also happening in other ways. Next year The Lighthouse will celebrate its **50<sup>th</sup> anniversary**. In 2018 we will be inviting you to join us in this celebration, *so keep a look out for these events*. If you would like to help plan one of these events, please contact Rob Datema at [rob@lighthousecentre.ca](mailto:rob@lighthousecentre.ca) or 416-535-6262. If you have a story to share from our 50 year history, we also want to hear from you.

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### Helping People / Changing Lives

*Thank you for being partners with us in this ministry.*



Yes, I would like to help with a donation of \$ \_\_\_\_\_

☐ Cheque enclosed

☐ Visa/MasterCard # \_\_\_\_\_

Expiry Date \_\_\_\_\_

Name \_\_\_\_\_

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City \_\_\_\_\_ Postal Code \_\_\_\_\_

### Other Ways to Help-Contact us for details

- ☐ PAR (PreAuthorized Remittance)
- ☐ Monthly Visa or MasterCard donation - makes it easy for you and for us
- ☐ Canada Helps on line at [www.canadahelps.org](http://www.canadahelps.org)
- ☐ Giving through Christian Stewardship Service
- ☐ United Way Payroll Deduction - just provide our CRA # and address
- ☐ Matched Corporate Giving - many companies match employee donations

Please mail your contribution to:

**The Lighthouse**  
**1008 Bathurst Street**  
**Toronto ON M5R 3G7**

*Receipts will be issued in the New Year. Canada Revenue Agency #13036 3740 RR0001*