

250 Davenport

Building a Vibrant
Neighbourhood

Community Revitalization Update

August 2017

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WHAT IS PLACE MAKING?

What if we built our communities around places?

Residents of 250 Davenport will soon have new and reinvigorated common spaces, also known as *amenity spaces*. These spaces include the recreation room, community kitchen, computer lab, library and new outdoor spaces.

As the renovations wind down, now is the time for residents to come together to participate in place making / asset mapping exercises to improve the building.

What is place making/ asset mapping?

Place making inspires people to reimagine and reinvent community spaces. It is a hands-on approach for improving our community spaces, strengthening the connection between people and the places they share. Most people would know this kind of place when they see it—you see lots of people congregating in a community space.

These are spaces where friendship, camaraderie and fellowship develop. These are places where people want to spend time together. Place making promotes creative use of space; it involves community-based participation in the planning, design, management and programming of community spaces. The place making process reviews local community assets, inspiration and potential; the result is creating quality community spaces, spaces

that contribute to people's health, happiness and well-being.

Asset mapping focuses on the assets, or resources, of the community (what residents have to offer), *before* looking at the deficits (what the community lacks). When we look only at the deficits, it often leads us to think of the *professionals* we need to bring into the community to address these deficits.

When we look at the assets and resources **first**, we see there are many people who have skills and resources to address the needs identified by our community. Community assets include the skills, knowledge and experience tenants' possess.

By creating a physical map, we are able to have a greater understanding of the building.

By taking an inventory of tenants' skills, knowledge and life experiences, we can take this wealth and apply it to creating places that strengthen connections between people; that are visited repeatedly; that foster happiness and well-being; and that are planned, designed, managed and programmed by the community

—John Corso, tenant of 250 Davenport Rd and Transitions 250 Team member



Ward Island, Camp Sunshine



On May 26, 2017, the staff, volunteers and members of the 250 Davenport Sunshine Centre for Seniors, took their first trip of the year to Ward Island's *Camp Sunshine* building. Neither rain nor flooding stopped the group from having a good time. If you are 55 or over, join us every Friday 11:00 a.m. to 2:00 p.m. in the Library on the SB Level for some Sunshine fun. —Cheryl, Volunteer at Sunshine Center for Seniors

Pride in the Park

Toronto PRIDE 2017 was celebrated with food, fun and activities.



Transition 250 Team Updates

It has been more than a year and a half since the 250 Davenport Rd. revitalization project began. The old radiators are now removed, and the work inside the units is slowly coming to a close. For most of us living here, I am certain completion can't come soon enough.

The **Thom O'Neill Library and Free Clothing Centre**, located on the SB level, reopened briefly just prior to its regular summer break with a new paint job. The revitalized **Recreation Room**, also on the SB Level, made its official debut in July, and boy, does it look great! Tenants were greeted with a new cheerful colour scheme, brand new community kitchen and fully accessible washroom. Finally, let's not forget our revitalized 250 Davenport **main entrance and lobby**. Although there's still some work to be finalized, holding programs in these common spaces is going to be much more pleasant.

This past May, the **#Transitions250 Team** (T250) completed its work plan for the coming year. The T250 Team will be able to capitalize on the completed building spaces and be able roll out new programs, workshops and community events that were highlighted by residents as part of the **250 Davenport Rd Social Development Plan**.

Councillor Cressy and his staff met with residents on July 13, 2017, to further discuss uses for 250's new amenity room. The meeting was well attended, and tenants were quite engaged regarding uses for the multi-purpose space. This new space will take over the current property management location. Stay tuned for further details and coming consultation meetings.

In September, all residents will be mailed an Asset Management questionnaire. This questionnaire will allow the T250 Team and our partners (Toronto Employment and Social Services (T.E.S.S.), TCHC, Councillor Cressy's office and Diamondcorp-Metropia) to identify the needs or deficits of the community as well as identify 250 Davenport's community assets and strengths. If the assets and strengths can be used to meet the identified community needs, it will help improve community life.

When you receive your questionnaire, regardless of what stage of life you're at, it is vitally important that you fill it out and return in in the accompanying envelope. Your feedback is valuable.

—*Christopher King, T250 Team*

Transitions 250 Team



How to be a good neighbour in an apartment building



A good neighbour is someone who is aware of how their behaviour could impact those around them. They respect the laws of the land and stick to the golden rule: **treat others the way you would like to be treated.**

Here are some suggestions on how to be a better neighbour:

- Smile and say hello to people. Greet friends and neighbours with positive salutations rather than bombarding them with gossip.
- Enjoy loud music on your headphones.
- Limit smoking to your balcony because air pollution travels from one unit to another and it makes people sick
- Hold doors open for others to pass.
- Allow the elderly and those with mobility issues to get on the elevator first.

- Do not throw cigarettes off your balcony to prevent setting a fire on someone else's balcony.
- Bring recycling down to the recycling room because leaving it in the garbage closets is a fire hazard and attracts vermin.
- If you own a dog, respect the City's by-laws by keeping your dog on a leash at all times and picking up after it.



- Try to close doors quietly behind you rather than letting them slam shut.

Practicing to be a good neighbour inspires others.

How? A good neighbour leads by example.
Why? It makes people feel good and it creates a healthy environment.

So give it a try – be a good neighbour – the results will impress everyone, including yourself.



RELATIONSHIPS

What is important to the good neighbour?

PEACE: The good neighbour is flexible and often willing to negotiate even if they feel that they are NOT wrong.

Why? It is more important to keep the peace rather than retaliate with violence, vindictiveness or other reactionary behaviour. Those who promote peace are often well-respected and considered *easy-going* people. Harmony is their middle name.



LEGACY: Good neighbours are often remembered because they uphold the law, are willing to negotiate, promote peace and are considerate of other people's feelings. If they move away, for example, they will always be remembered as "the nice guy/woman down the street." Their memory is rarely forgotten, and people tend to keep in contact with them. Their reputation is important to them and they rarely give others a reason to cast them in a bad light.

—Jane Transition, 250 Team Member

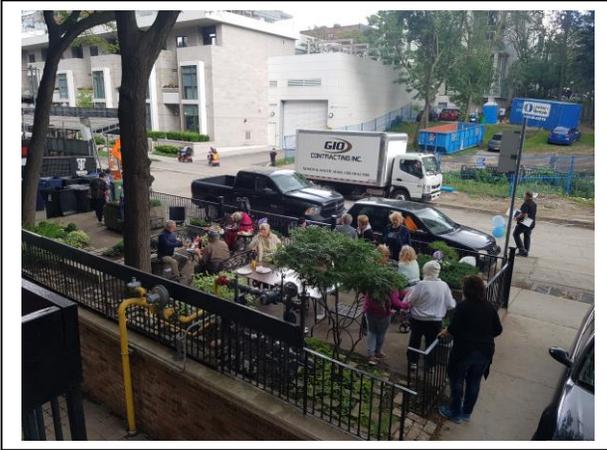
Toronto Employment and Social Services

As part of the ***Transition 250, Our Community Action Plan*** and a collaborative effort between Toronto Employment and Social Services (TESS), Councillor Joe Cressy's office, Toronto Community Housing, agency partners and our developer partners Diamond Corp and Metropia; we are reaching out to everyone in the building to hear which **employment and educational opportunities** you would like to see offered to fellow tenants.

A ***Getting to Know You*** form will be mailed to every household in the fall and you can return the completed form as indicated. Thank you!



Fun time with our neighbours!



In order to build a vibrant and healthy community, The **Good Neighbour's Market** and folks from **138 Pears Ave.**, came together to hold two community BBQs this summer.

The events, which were held on Pears Ave., were extremely successful. Many of those who attended were from 250 Davenport and the feedback was very positive. New acquaintances were made and some of our neighbours also learned more about the market and the work the Transition 250 Team is doing. Tenants thoroughly enjoyed the beef, veggie

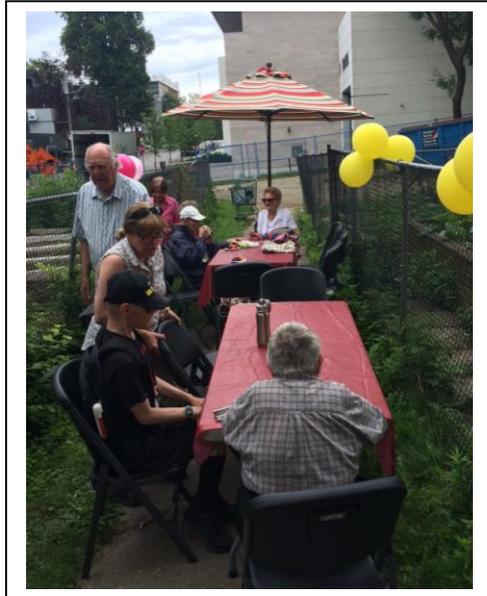
and Halal burgers, hot dogs, Caesar salad, fruit salad and ice cream.

In addition to enjoying delicious food, those who attended had an opportunity to enter a draw for a chance to win a \$15.00 food voucher. A special thank you also goes out to Kim Hinton, the manager at 138 Pears, staff from Engagement Team and Councillor Cressy, who attended in support of the events. The Transition Team 250 wants to also remind the community that residents at 250 Davenport are in the process of implementing its *Social Development Plan*, which is an integral part of the revitalization. The Good Neighbour's Market is committed to serving not only 250 Davenport,



but everyone in the community who seeks fresh local affordable produce.

—John Corso,
Volunteer at Market



Simple, affordable and healthy recipes

Curried Chickpeas with Spinach

Serves: four (1 cup each) Ingredients

Prep time 5 minutes

Cook time 20 minutes

**Ingredients:**

2 Tbsp. olive oil, 1 small onion, 2 cloves garlic, 1 inch fresh ginger, 1½ tbsp. curry powder, 450 ml spinach (fresh or frozen), 1 (450 ml.) can tomato sauce, 2 (450 ml.) cans chickpeas drained

1. Dice the onion, mince the garlic, and grate the ginger on a small holed cheese grater. Sauté the onion, garlic and ginger in a large skillet with the olive oil over medium heat until the onions have softened (3-5 minutes). **2.** Add the curry powder and continue to sauté with the onion mixture for an additional minute. Add about ¼ cup of water to the skillet along with the fresh spinach and continue to sauté until the spinach has wilted. The water will help steam and wilt the spinach (no water needed if using frozen spinach). **3.** Drain and rinse the chickpeas. Add them to the skillet along with the tomato sauce. Stir well to distribute the spices in the sauce and heat through (5 minutes). Serve over rice or with bread.

Tuna Kebab by Nasreen**Ingredients:**

2 large cans of tuna fish (or substitute with any steamed fish), 2 medium potatoes, 1 med. onion, ¼ lemon or lime, 1 egg, ½ tsp. salt, 4 tbs. cooking oil, ½ cup cilantro, green chili (optional)



1. Steam the potatoes until tender **2.** Finely chop the onion **3.** Finely chop cilantro and green chili if using **4.** Mash the potato **5.** Drain the water from the tuna as much as possible by squeezing with hand **6.** Add salt to the chopped onion, add chili and cilantro and mix by pressing with hand or spoon **7.** Add the drained tuna and mix very well **8.** Squeeze the lemon and blend mashed potato and egg into the mix **9.** Warm a flat skillet at medium heat and pour oil just to cover the surface **10.** Make medium size balls of the mix and then flatten them **11.** Place the flattened balls of the mix side by side **12.** Fry until one side is light to dark brown **13.** Flip and brown the other side **14.** Serve with sauce or salad.

Saludable Comida Frijoles Negros

Ingredientes

1. 2 1/2 copa de Frijoles Negro
2. 1 Ají Verde
3. 1 Cebolla
4. 1/2 Ajo
5. 2 hoja de laure.
6. 2 cucharadas grande aceite de oliva
7. 1 cucharada de vinagre
8. 1/2 mitad cucharada de comino
9. Poquito azúcar blanca
10. 1 cucharada pequeña de orégano
11. Sal y pimienta al gusto
12. Opcional: ponerlo mitad de chorizo



Prepararlo'

1. Lavar Frijoles Negros 3 Veces y Ponerlo A Cocinar con Aqua 2 Dedos por Arriba de los Frijoles.
2. Cortar Los Otros ingredientes en pequeñas Partes y Freír con Aceite de oliva y Agregar los Ingredientes desde 7 hasta 11.
3. Freír todo esto hasta que la cebolla coja color oro y ponerlo dentro de los frijoles negros cuando ya está listo Para cocinar por 30 minutos cocinar.
4. Cuando los frijoles estén suaves sacar un poquito y aplastarlo y ponerlo otra vez a los frijoles para hacerlo más crema. Ponerlo cocinar 10 minutos más.
5. Servir con arroz o pan.

Healthy Food: Cuban Black Bean

Ingredients

1. 2 1/2 cup of black beans
2. 1 green pepper
3. 1 onion
4. 1/2 garlic
5. 2 bay leaves
6. 2 tablespoons of olive oil
7. 1 tablespoon of vinegar
8. 1/2 tablespoon of cumin
9. 1 pinch of white sugar
10. 1 teaspoon of oregano
11. Salt and pepper as desired
12. Optional: 1/2 Chorizo (sausage)



Preparation

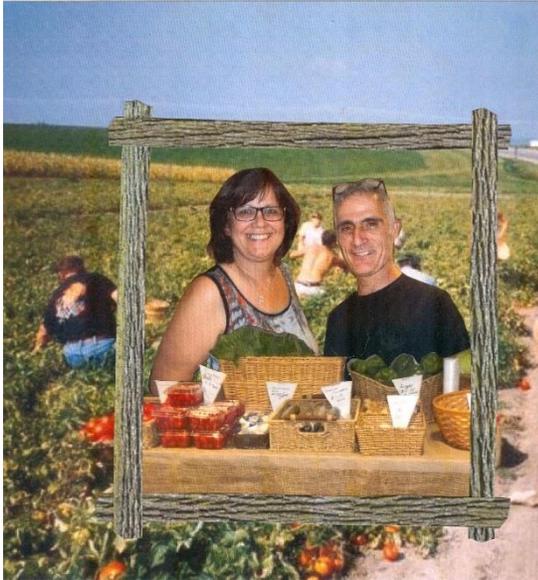
1. Wash black beans three times and put it to cook with water two fingers above the black bean level.
2. Cut all other ingredients into small pieces and fry them with olive oil. Add other ingredients from 7 to 11.
3. Fry everything until onion turns golden color and add everything from the pan into the beans. Cook for 30 minutes.
4. When beans are cooked until soft, take some beans out and mash them and put it back to make it creamier. Cook for another 10 minutes.
5. Service with rice or bread.



FOOD SECURITY

Most of the ingredients in the recipes can also be found at the Good Neighbour Market.

OPEN EVERY WEDNESDAY from 3:00 to 6:00 p.m.



The art piece was submitted by Couleurs, resident of 250 Davenport.

COMMUNITY SERVICES



The Thom O'Neil Library and Free Store is located on the SB Level across from the Recreation Room.

It now includes a small food bank, a lending Library, clean ready-to-wear adult clothing and other *neat stuff*.

Construction in the Library is completed; the Tuesday and Thursday coffee, cookies and social program will be re-opening in September.

All donations of clothing, food and books are gratefully accepted.

LIBRARY



Sunshine Centres for Seniors

Serving Seniors since 1970

Sunshine Centre for Seniors

The Sunshine Centre for Seniors is now running their program in the Library, SB level. The weekly program runs on Fridays from 11:00 a.m. to 2:00 p.m. for older adults and seniors. Weekly activities include hot lunches, games, crafts, speakers and field trips.

Margaret's Place

Margaret's Place provides support services for individuals with mental health concerns through programming, advocacy and education, which empowers them to build and reclaim their lives. Margaret's Place counsellors are available to meet with residents who are 18 years and over, as well as their families, in the computer lab Mondays from 1:00 to 5:00 p.m.

For more information, call

416-463-1481 ext. 124.

COMPUTER LAB

When:

Monday's, Wednesday's

5 to 7 p.m.

Saturday

12 to 2 p.m.

Where:

SB level



The **250 Davenport Computer Lab** is located in the sub-basement beside the Recreation Room. A computer lab assistant is available to help residents with printing, job searches, improving their computer skills, employment search and so much more.

The Lab Assistants are Microsoft Certified, and many residents have taken advantage of this by learning about Microsoft Office applications such Word, PowerPoint and Excel, even if they were completely new to using a computer.

Residents who don't have a home computer or internet can use the lab for email, internet searches and playing games. The lab is an important social hub where folks can meet other residents in the building in a safe and respectful space.

Preface, a Poem by Nasreen

*Roam along the winding social alleys;
 In the mind here and there yet
 Keep the indigenous tidbits:
 Mottled patches of shadowy weeds.
 Listen friend, warped lanes and by lanes,
 Have been haunting there as a minstrel.*

*In this spectrum of the civilized world,
 In prism refraction from flint stone
 I am a guest, yet I return to that wobbling
 ford,
 To that culvert on the golden green bourn.*

*Enjoy nothing, minnows, birds,
 One impersonated wizard;
 Kids gather, then and then admire the
 juggler;
 Rustling for a whistle;
 Taciturn canopy rustles.*

*In this precious realm, I am a guest.
 Bangladeshi; self-exiled indigent,
 With shaggy slippers, her constant friend
 Appears in the kinsman's reign;*

*The land of prime compliment.
 Ah! That ascetic wanderer
 Sings the old world hymns;
 Appeal never clear,
 Torn string, broken rhyme;
 Mundane bound contemplation
 Secular life's adulteration;
 Abstract meditation's wrong grammar.*

*All this is nothing to be said,
 Nothing authoritative, nothing didactic,
 Yet a glorious treasure can be unveiled.*

*Today I am fulfilled;
 With complements, can say to all:
 Cordially you all have hailed,
 Look, have attained vacation on both the
 shores,*

*This soul is intercontinental,
 In the bosom – soil Bangla is mundane
 If it blooms only the Linden,
 The most fundamental,
 Yet in this dear occasion,
 A gift to adore.*

250 Davenport Dog Posse Fashions by Kriztina Cseh

For sales, questions and comments, please contact her at csece_1@hotmail.com

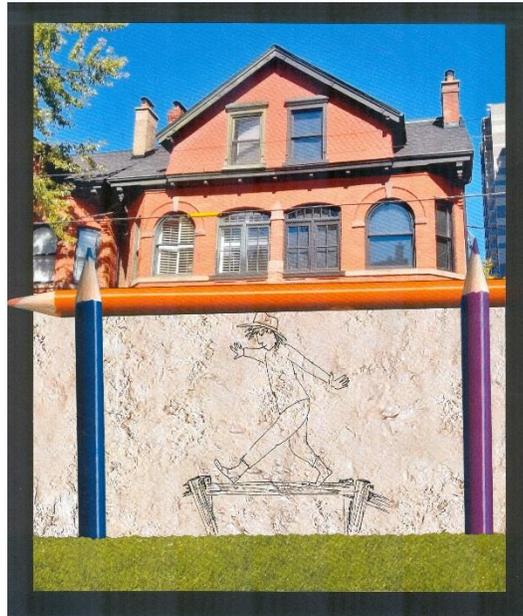


250 Davenport has talent!

If you have a talent or hobby that you would like us to feature in the next Newsletter, please contact Alina at 647-828-4861.

COMMUNITY CORNER

"The greatest virtue of a wall is in the graffiti."



The art piece was submitted by Couleurs, resident of 250 Davenport.

CONSTRUCTION UPDATES

Work Completed:

- Exterior Insulation Finishing System (EIFS)
- Replacement of water pipes
- Window / balcony door replacement
- Common area lighting
- Lobby and recreation room
- Security upgrades
- Roof replacement

Work to be completed:

- Elevators

REDEVELOPMENT UPDATES

- Work on the surface parking lot is complete. Please remember to obtain a visitor parking pass from Greenwin.
- Renovation of the underground parking garage has started and will extend into late Fall.
- Above-grade construction is expected to start in the Spring of 2018.
- TCH townhouse block construction target start in the Spring of 2018.

Parking Updates

Recently construction began in the underground garage and surface parking lot. If you are an existing resident at 250 Davenport, you will not lose your parking spot. If you currently park underground or at surface, you should have been issued your new spot number. If you do not have a new spot number, please call Bruce McCall-Richmond at 416-981-5062

QUESTIONS?

To get involved in the revitalization process and learn more about jobs, training and educational opportunities, call Paulina Vivanco at 416-989-2522 or send an email to Paulina.Vivanco@torontohousing.ca

For questions about the building renovations and construction, call Pritha Josiah at 416-981-4253 or send an email to pritha.josiah@torontohousing.ca

THANK YOU

Thank you to all who submitted their valuable work: Christopher King, Couleurs, Janee, John Corso, Kriztina Cseh, Nasreen, Development Staff and Engagement Staff.

Calendar of Activities at 250 Davenport

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Computer Lab: 5 to 7 p.m. (SB Level)	Library Club: 11 a.m. to 1 p.m. (SB Level)	Computer Lab: 5 to 7 p.m. (SB Level)		Sunshine Centre for Seniors: 11 a.m. to 2 p.m. (SB Level)	Computer Lab: 12 a.m. to 2 p.m. (SB Level)
Margaret's: 1 to 5 p.m. (SB Level)		Market: 3 to 6 p.m. (Park)			

This information and newsletter is also available in multiple languages upon request. Please call 416-981-5500 for translation service.

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