

## HOLIDAY CLOSURE

All York Region Ontario Works offices (Georgina, Newmarket, Richmond Hill and Vaughan) will be closed on:  
**Canada Day: Friday, July 1, 2011**

## OW FINANCIAL

### Let us know when things change...

contact your Case Worker to report changes to your situation right away. If you start working, there may be more supports available to you.



Visit [www.york.ca](http://www.york.ca) today for information on Ontario Works programs, services and important notices. From the home page, click Services and then select Employment and Financial Support.

### Have you set up Direct Bank Deposit (DBD) yet?

DBD is a faster and more reliable way to get your OW payments.

Call your Case Coordinator to get a DBD registration card today!

## CHILDREN AND FAMILIES

### 2011 FREE Summer Camp

For children of York Region residents participating in Ontario Works (OW)

NATURE SWIMMING CRAFTS FRIENDS SPORTS ART FUN

#### WHO:

Children – six to 13 years old

#### OTHER:

- Children must bring their own lunch, drinks and snacks for each day of camp.
- Instruction is provided by trained and qualified recreation staff.
- Extended Day Camp may be available.
- 1 to 1 support funding is available for children with special needs.

#### WHEN:

July until the first week of September  
• Depending on your eligibility.

#### HOW:

**OW PARTICIPANTS:**  
Contact your Social Assistance Case Coordinator for a referral.

*Limited funding. First come, first served.*

#### FREE CAMP PACK

Each registered child will receive a **FREE Camp Pack** that includes:

- a knapsack
- a sun hat
- a water bottle
- sunscreen
- a lunch bag

Camp packs will be available for pick-up in June at your OW office.

## PLAY

### FREE RECREATION AND SPORT PROGRAMS

**FOR ELIGIBLE children and youth AGES 4 TO 18** and single parents receiving Ontario Works.

Choose from: arts and crafts, dance, martial arts, sports, swimming, yoga and much more!



Gym memberships and drop-in activities are also an option.

Call the KIDSLINE at  
**1-888-703-KIDS (5437)**  
**TTY 905-762-0401**  
and press **Option 6** to see if you qualify.

Eligibility includes: children, youth and single parents receiving Ontario Works, Child Care Fee Assistance or Rent Geared-to-Income tenants.

## EMPLOYMENT & TRAINING

### LIFE SUCCESS STRATEGIES WORKSHOP

**Exploring career options?  
Looking for life success skills?**

COSTI Immigrant Services offers a **FREE** four-week program that provides individual coaching and group workshops to help you with your career goals.

**For more information call  
Pam Mitchell at 1-888-256-1112 ext. 2265  
Newmarket - July 4 to July 29**

### S.E.T. FOR SUCCESS Get the **SKILLS, EDUCATION & TRAINING** you need for the job you want **NOW!**

This is your opportunity to participate in skills upgrading to meet your needs and get industry-specific certification. There is no cost to enroll in this program. Training is for people living in Georgina and surrounding areas. For more information or to enroll call:

**Georgina Trades Training Inc. at 905-722-6300**  
*Space is limited.*

*Funded in part through The Regional Municipality of York's  
Community Development and Investment Fund.*

**EMPLOYMENT & TRAINING**



**STEPS**

Society for Permanent Recovery

Are you in recovery or impacted by drug or alcohol addiction? Don't miss the chance to enroll in this **EIGHT WEEK PROGRAM**

STEPS offers a pre-employment program providing computer training, individualized supports, job placements and much more.

To participate in this program you must be in recovery or impacted by drug and/or alcohol addiction and unemployed or underemployed.

For more information call Jackie Tersigni at 905-850-3490 ext. 2507

**NEXT SESSION DATES IN NEWMARKET AUG. 29 TO OCT. 21**

Funded in part through The Regional Municipality of York's Community Development and Investment Fund.



**Want to work in Customer Service or Food Services?**

Industry Specific Certification and Training  
A Customized Return-to-Work Action Plan  
A Personal Career Assessment  
Job Search Techniques  
Personal Success Skills  
Work Experience

Smart Start is delivered at various locations throughout York Region

Please call for dates, times and locations

**1-866-256-0861**

smartstart@jobskills.org jobskills.org/smartstart



Markham | Start Date: August 6, 2011

**Retail and Grocery Customer Service Training Program**



The March of Dimes offers a three-week customer service training program in retail, grocery and other related sectors.

This program provides employability and customer service skills, safe food handling, job search techniques, interview skills and more!

This program is offered monthly in many locations in York Region. For more information, please call: 905-895-7529 ext. 6503

Funded in part through The Regional Municipality of York's Community Development and Investment Fund.

**NUTRITION**

**Healthy Barbecuing**

As the weather gets warmer, people are spending more time enjoying the outdoors. This is also barbeque season. Barbecuing is a flavourful and low-fat way to prepare a variety of healthy foods. An entire meal can be cooked on the barbecue, including dessert!

Here are some ideas for great grilling. If you do not have a BBQ, you can use these ideas for broiling in the oven.

- When planning your barbecue meals, keep it balanced by including at least three of the four Food Groups from Eating Well with Canada's Food Guide.
- When possible, trim away visible fat from meat before cooking and remove the skin from poultry.
- To prevent sticking during cooking, spread on a small amount of oil before placing the food on the grill.
- Flavourings can also be used to enhance tastes. Try chopped garlic, ginger or rosemary for meats and vegetables, and brown sugar, cinnamon honey or nutmeg for fruits.
- Vegetables, such as eggplant, sweet potato, zucchini, bell peppers, corn-on-the-cob and mushrooms are great on the grill.
- Fruit, such as pineapple, peaches, apples, apricots and pears can be prepared on the barbecue and are a great way to finish a meal.

**Marinade Magic**

Marinating meats in a seasoned liquid will bring out the flavour and makes meat more tender:

- Include liquid that's high in acid such as vinegar, wine, tomato, lime or lemon juice
- Completely cover the meat or vegetables in a glass dish or re-sealable bag
- Don't use leftover marinade as a dipping sauce
- Keep foods marinated in the refrigerator until ready to use

**Easy Lemon Marinade**

- 3 tbsp olive oil
- Juice of 1 lemon (about 2 tbsp)
- 2 chopped garlic cloves
- ½ tsp dried oregano
- ¼ tsp black pepper

**Asian Marinade**

- ¼ cup soya sauce
- ¼ cup white sugar
- 2 tbsp lemon or lime juice
- 2 chopped garlic cloves
- 2 tsp minced ginger
- Pinch of hot pepper flakes (optional)

In a bowl or re-sealable bag, whisk or shake the ingredients together. Add your favourite vegetables, chicken, pork or beef to the marinade. Refrigerate for at least one hour for the flavour to absorb.

These recipes will marinate one pound of meat or vegetables and can be doubled if needed.

This article was produced by Nutrition Services of the Community and Health Services Department. For more information visit www.york.ca/nutrition. To speak to a Registered Dietician call EatRight Ontario at 1-877-510-5102.