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by Dominik Kurek

Oakville Beaver Staff

The Rotary Club of Oakville West has made one of its largest fundraising commitments in its history to help support youths with mental health problems.

The west Oakville service club is providing \$50,000 over two years to the Navigator Program, which operates out of Oakville-Trafalgar Memorial Hospital.

The club presented the first \$25,000 to the Oakville Hospital Foundation at its June 25 meeting, and will hand over the rest next year.

"We had the opportunity, as a Rotary Club, to really become involved with something in the community that will be long-lasting and really needed," said Nick Praysner, club community service chair.

Many hospital programs were considered, but Navigator, founded in November 2011, was selected.

"Our club is very involved with the youths in the community. One of the areas that appears to be really needed and somewhat lacking was mental health for youths," said Praysner, who noted the program is extremely important to the community and those who need its support.



The Rotary Club of Oakville West is funding the Navigator program. From left, Tina Triano, CEO, Oakville Hospital Foundation receives the first \$25,000 of a \$50,000 commitment from club president Duncan McLeod and Nick Praysner, club community service chair.

submitted photo

Tina Triano, CEO of the Oakville Hospital Foundation, accepted the cheque at the Rotary meeting.

"I just want to say how very grateful we are," said Triano. "I know the number of man hours and woman hours that go into raising funds like

this. And, particularly, this being the most generous contribution you've ever made in your club's history is even more meaningful.'

Thanks to matching funds from two local family foundations, Triano said, the \$50,000 donation will generate \$200,000. The group room at the new

Oakville hospital will be named after the Rotary Club of Oakville West.

Rotarians also heard from the two 'Navigators', who administer the program, which works to connect youths facing mental health issues from across Halton with the services they need. While the support is usually available in Halton, sometimes it means going outside the province or to the U.S.

Navigator operates out of the Child and Adolescent Outpatient Department for Mental Health that serves those aged five to 19 (with exceptions for those up to age 21 who face homelessness), said Navigator Tania da Costa.

Besides outpatients, Navigators also serve the hospital's inpatient and emergency departments.

It receives no government funding and is completely supported by donations. There is no wait list and Navigators make direct contact with the clients within 72 hours of referral.

"A big part of it is prevention of readmission or admission into the hospital," da Costa said.

"Not all our clients come from the hospital. Sometimes they're just outpatient children and adolescents and and support them so they are not ending up in a crisis." Since the program began, it has served 114 clients, 12 of whom re-



Dinner Menu \$29.95

Lunch Menu is also Available for \$17.95 pp



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1731 Lakeshore Road West 905-916-2283

Dinner

Appetizer (choice of 1) Roasted Beet Salad

Mixed organic greens red onion feta cheese with a raspberry balsamic reduction **Watermelon Gazpacho**

Cool watermelon soup infused with cucumber and fresh mint

Fresh Salmon Savice Salmon cured in fresh lime and lemon juice with diced tomatoes and red onion topped with pine nuts

Entree

Roasted Halibut

Topped with Caribbean salsa, served with roasted potatoes and grilled vegetables

Lobster Tail Spaghetti

Lobster and mixed vegetables, tossed in a light aliolio sauce

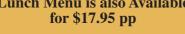
Veal Scaloppini with Gorgonzola Cream Sauce

Tender veal loin lightly seasoned, pan seared and topped with our creamy gorgonzola sauce. Served with roasted potatoes and grilled vegetables

Dessert

Choice of

Tartufo (chocolate/vanilla) **Daily Creme Brules** www.clarksonmediterraneanbistro.com



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1731 Lakeshore Road West 905-882-5751

Chef's Creation of Daily Soup Traditional Caesar Salad Golden & Red Beet Salad with Baby Arugula

Entree

Pan Seared Veal Scaloppini

with a Trio of Champignon Mushr Three Peppercorn and Pizzaiola Sauces

Baked Atlantic Salmon with a

Lobster Cognac Sauce,

Fusilli Pasta with Wild Mushrooms,

Dessert

memade Wild Berry Cassis Cheesecake Chocolate, Hazelnut Semifreddo with Hazelnut Biscotti Michael's Signature Crime Caram www.michaelsbackdoor.com

1731 Lakeshore Road West 905-822-1801

Dinner

Starters

Warm Zucchini & Ricotta Fritter

with a buffalo milk yogurt & fennel slaw

Chilled Gazpacho Soup Panzanella Salad

with mini bocconcini, grilled crostini, tomatoes & cucumbers

Entrees Stuffed Pork Chop

filled with spinach and pine nuts served with sauteed fingerling potatoes and brussel sprouts In a port wine fig jus

Corn Meal Crusted Ocean Perch

with a vegetable orzo & spicy roasted corn salsa

Pappardelle with proscuitto, spring peas and mushrooms in a light parmasean cream sauce

Dessert

Cappuccino Pannacotta Martini

with almond peanut brittle

Daily Gelato

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the place to be

1107 Lorne Park Road 905-271-9898

Dinner **Appetizers** Soup of the day

Caesar Salad

Tu Casa's extraordinary Homemade Caesar Dressing, without Anchovies (Anchovies available on request)

Main Courses Fettuccine fresh Nova Scotia Lobster,

Maple-Chili Glazed

Pork Tenderloin

Grilled Atlantic Salmon

and Dijon Mustard, Served with Basmati Rice and Vegetables

Dessert Chocolate Mousse

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