

LIFE SPIN



**Queens Ave
1992-1998**

**Fire Hall #5
1998-2005**



**Current
Location
2005-**

25th Anniversary Edition

The Office Resources
The Free Store
Stories from Staff

CED Housing Initiative
Old East Common
Suporters

The Living Room
2018 Board Nominations
How To Help



CYCLE

LIFE*SPIN's Board of Directors officially welcomes you to the 25th Annual General Meeting! It is certainly humbling to be celebrating this 25th anniversary with so many friendly faces dedicated to supporting LIFE*SPIN's mandate and day-to-day work. LIFE*SPIN is one of the longest established and most respected Community Economic Development (CED) organizations serving low-income citizens in Ontario. LIFE*SPIN provides information and support for individuals surviving on low-incomes, and support the empowerment and self-development of these individuals in their efforts to attain self-sufficiency. This manifests itself in various programs, services and events, such as Community Advocate, Volunteer Income Tax Program, the Free Store, Large Item Donor Registry, the Community Housing Initiative, the Christmas Sponsorship Program, Public Legal Education, Old East Common, The Living Room, Pocket Sized Farms, the Backpack Program, Just 4 Girls, Money Smart Workshops, our Community Dinners, the Harvest Dinner, Lights and Sirens Toy Drive and many others.

Since this year is the 25th anniversary, we are taking a different approach to our Spin Cycle AGM Newsletter, and focusing on what LIFE*SPIN means to each of us, how we got involved, and where we plan to see LIFE*SPIN going into the next 25 years.

My particular involvement started because of Theo and Gerda Korthof. For those that are unaware, Theo and Gerda were the former owners of The Artisan Bakery which is housed in one of LIFE*SPIN's residential spaces. However, many years ago they started in a small stall in The Western Fair Farmers Market, which I frequented Saturday mornings with my son in tow. Theo and Gerda extended their love and more than one croissant, tart or slice of cake into eager little hands. The love they had for their business and the community meant they soon had a loyal bunch of regulars. The Artisan Bakery quickly outgrew the stall and were looking for more space. They renovated and settled into the shop in the LIFE*SPIN property, and quickly became involved with LIFE*SPIN in many ways. One of those ways, was simply spreading the word about what LIFE*SPIN does. And, ultimately, that is how I came to be involved on the Fundraising Committee.

In my year on the Fundraising Committee, I began to learn more about LIFE*SPIN, beyond the Christmas Sponsorship program. I myself, grew up with a single mother who did a remarkable amount with what income she earned. My mother and I were incredibly lucky that we had an amazing extended family who helped to support us.

However, I am cognizant that not everyone has the amazing support system we did, that and LIFE*SPIN's work helps to address some of those gaps. After about a year of my involvement, LIFE*SPIN lost an amazing board member in Kate Pugh, as she was moving out of the province, and I moved into her place to complete her term.



Frances & Drake

Four years later, I'm going into my third year as President of the Board, and LIFE*SPIN isn't just a place where I volunteer, but instead is the place where I found my voice and it has become somewhat of my own extended family here in London. My now 12-year-old-son has done a lot of growing up in the building - he has attended the Pocket Sized Farms program, enjoyed the community dinners, volunteered alongside me at various events and, this year, he's started volunteering without me. And, I can say in all honesty he's not the only one who's done some growing up. Some days, I feel I am still the punky Indigenous kid struggling to articulate herself in a way that she'll be heard. However, more often than not I realize I'm an urban Indigenous woman who holds an immense amount of knowledge and not only is an advocate and activist for her community but for her clients and the community at large.

In the past four years LIFE*SPIN has seen a lot of changes in many ways, both internally and externally; however, a constant has been increased demand for our services. LIFE*SPIN could not meet those demands without our amazing staff, volunteers, donors, funders and community partners. In fact, I recognize that we couldn't do a fraction of what we do without individuals like yourself who are invested in what we do and more importantly the community we serve.

Going forward, I hope LIFE*SPIN continues to do what we do best and that is bring people together to make positive change in policy and people's lives in a grass-roots and holistic way while continuing to meet the needs of those we serve. And I hope you will continue to help us achieve that.

Chi miigwetch,

Co-Chair: Frances Moore



LIFE*SPIN could be described as a magical place, where people come together to lift each other up. How do you measure your success? You can count people who call on you for help each year (5,000+ in 2017), you can add up the winnings you generate for low-income families (\$11,000,000+ in 2017), or you could survey more than 700 random clients, and find that their suggestions for improvements are all compliments about how LIFE*SPIN helps them.

None of these measures compares to the knowledge that you have made a deep and lasting difference. On the last day before we closed for Christmas, when no one had any energy left to give, there were still five Christmas packages left for families we could not reach. Five more families of children who were waiting for Santa to come. A LIFE*SPIN miracle happened. One of the first members of the team of youth we hired in 1994 for the Pocket-Sized Farms Day Camp walked through the door. She loaded the packages into her father's truck, and set off to find the families. The last packages were delivered to a family of newcomers to Canada. They invited her in to share a meal with them, and some very excited little children. This young woman was in town to visit her family for Christmas, and we were on her list of "family" to visit. This kind of contribution is Immeasurable!

Last week we inspected the solar panels on the roof, with one of the youth leaders who designed and oversaw their installation. Back in the office, we took out a photo album to look at him carrying the LIFE*SPIN banner while we demonstrated for affordable housing legislation in 2001. He showed great amusement at his 'baby picture' and captured it on his phone to share with his little sister. This young man pursued a degree in electrical engineering and, following his work on the installation of our solar panels, he was immediately hired by a solar company. He has just started working on his Master's Degree. He stops by to help out when he is in town to visit his 'family'. Our pride is Immeasurable!

My own little family has grown up with LIFE*SPIN. Thus, it was no surprise to find volunteers, Board members, staff, and tenants at my son's wedding last summer. Indeed, Rose's son and daughter helped her make the peacock wedding cake. A former Board member, who created readers from comics for my son in primary school, now has monthly shopping trips with him. She is disabled and needs his help now.

My heart leaps in happiness to see the generations of uplifting change. Our elders mentor us and support our work. It is with great sadness that we must sometime say goodbye, but our memories endure. LIFE*SPIN endures, inspires, and instills hope. We dream of better futures for our children and our grandchildren.



Building Community Foundations for Self-Reliance has been the leading goal of our development. Supporting families towards self-sufficiency is about really embracing them when they have fallen into the despair of poverty, and showing them kindness and thoughtful care. Self-reliance as an organization is about challenging unfair legislation and injustice, building hope and creating community spaces where people can work together: social ends through business means.

We are deeply grateful to all of you. You give your time, your skills, and your own expertise to make this work. Some of our greatest moments of visioning have happened up on ladders, scraping paint, fixing stained-glass windows, painting walls. Conversations we have while working together are easily a thousand times more productive than a consultation over coffee and donuts.

We have so much to celebrate together

Jacqueline Thompson



Life*Spin's first two locations on Queens Avenue

LIFE*SPIN's first home was located in the former manse of First Saint Andrew's United Church. We moved across the driveway to 360 Queens Ave, sharing our space with East London United Church Outreach and the Bethany Centre.

Gardeners, like everyone else, live second by second and minute by minute. What we see at one particular moment is then and there before us. But there is a second way of seeing. Seeing with the eye of memory, not the eye of our anatomy, calls up days and seasons past and years gone by."

- Allen Lacy, *The Gardener's Eye*, 1992



So many memories flood my mind. In 2001, I remember being slightly in awe of the Fire Hall which housed LIFE*SPIN at the time. When I arrived, I was greeted with kindness and compassion, and as I waited to see the Advocate, Melanie Brown, I wasn't sure what to expect. Melanie was very friendly and as I followed her up a flight of stairs to her office, I have to admit I wasn't sure I was in the right place. Through Melanie's competent assistance, my own struggles and the bureaucratic knot I was dealing with was made clear and untangled. To say I was grateful was an understatement.

Since I had graduated from Fanshawe College, from the Library Technician Program, Melanie thought perhaps that assisting Robert Duff in the library would be a good fit. Soon after, someone was needed at the reception desk, answering calls, greeting clients and looking after the resource area, and I was asked to assist. Little did I know that Jacqueline was observing how I greeted clients and answered the telephones. She came to me one day saying that I would make a very good advocate. Of course, lacking confidence in my ability, and dealing with my own family and personal concerns, I could not imagine being a strong voice for others who were dealing with government issues.

Jacque explained that they would be holding an advocacy workshop one Friday a month and that LIFE*SPIN would sponsor me to take this course. Although that was encouraging, at the time I lacked the confidence. However, I did complete the workshop and received my certificate as a trained advocate, on May 2, 2003. A few years later I was very surprised to be awarded the Gail Carlyle award.

Thus began my journey as an Advocate, and I gained further knowledge, as well as confidence. I have met so many wonderful people who, like myself in the past, found themselves attempting to travel the maze of bureaucracy, without anyone to show them the way. I have been so blessed to work alongside Jacqueline and others who became part of the team. Rose White coordinated the Green Market Program, and I witnessed first-hand, the way families were impacted positively, able to have enough food to see them through to the end of the month.

Nearly seventeen years later, I have gained so much in confidence, self-esteem and advocacy skills. Many students come to LIFE*SPIN from Social Justice, Nursing, and Social Work programs from both Fanshawe College and Western University. It is always a privilege for me to share my knowledge and the technique of what I do as the advocate at LIFE*SPIN. Truly this organization is about empowerment, non-judgment, and a safe place for folks to get assistance with taxes or government applications.

I feel enormous gratitude towards the Board for their longstanding support and confidence. But, without the encouragement and mentorship of Jacqueline Thompson, I am not sure where I would be today. She has always been my mentor and, as time went on, a wonderful friend.

I also want to thank all the volunteers who continually assist me in dealing with clients, both those in the past and presently. You fill my days with light and assist me in advocating for clients. There have been so many of you who have sat at the front desk and then become our "gate keepers". Last year, Karen became my assistant, and she types medical letters for clients, as well as booking appointments. Even though she realizes the seriousness of our task, we often share a laugh and she has taught me to be more objective and she says I have taught her to be kind.



*Pat Runciman
Community Advocate*

I started volunteering here exactly 1 year ago - May 23, 2017. My connection goes back to the old Fire Hall location. There, I took part in an entrepreneur course that was very informative about starting a business, with tools to work with and many speakers to learn from. I really enjoyed this course and the challenges it presented. Donna Creighton and Jo-Ann Lawton recommended it and, that time in my life, I needed a new direction.

My next connection I had with LIFE*SPIN was taking part in the Green Basket Program. Being provide with local fruits and vegetables in smaller quantities for a single person worked out perfectly for me. That's when I started to see how LIFE*SPIN helps so many people.

I moved forward with my own life, as most people do, and had little room for others at that time. I did have room for my mandolin, and loved music and performed and felt joy. However, as I moved on I took up the ukulele, found the baritone ukulele was my instrument, and became part of UKE GIRLS 2 (Jo-Ann Lawton and myself) and then a group formed which became 6 members and was called The Ukellettes. Jo-Ann Lawton has been a supporter of LIFE*SPIN for many years and, with Jacqueline's approval, the band started playing in the LIFE*SPIN Living Room the first Friday of almost every month. What a joy that is!





I've also attending the Community Meals and Seniors Christmas Tea, and assisted in the Christmas Program. Again, these programs are wonderful, and provide so much support for the community. Just being at LIFE*SPIN for events helped in grounding me.

As time moved on, my mental health deteriorated and, with the help of a few friends and my doctor, I sought and received medical assistance, taking actions that are positive for me. One of those actions was volunteering at LIFE*SPIN. It was one of the best choices I've ever made, and brought me so much joy, satisfaction, and a sense of accomplishment. I was placed with Patricia Runciman as her assistant. I LOVE IT!! Helping people indirectly, and sometimes directly, with advocacy is so satisfying for me... Patricia and I agree we make a good team. I teach her to be more objective with clients and she teaches me to be more compassionate with clients.

My day-to-day life has changed again recently because of LIFE*SPIN – I NOW LIVE HERE and I'm so thankful. I have actual sunlight shining in my windows which is so positive. Neighbours actually talk with me and visit, and I feel part of this community. Each day is a good one, filled with joy, and I start each morning feeling happy. My dog gets outside several times a day, visits with neighbours so that even he is happy! My apartment is small and easy to maintain and I'm going to have a small garden. LOVE THAT! Returning home from whatever activity I've participated in I feel so good to be home.

I have always felt Jacqueline Thompson's positive energy and presence throughout my journey. She is kind, strong, loving, caring and is so understanding in helping people and running the many, many programs that assist people.

LIFE*SPIN is a treasure in our community and it is underestimated in what it gives back to London.

Karen McLaughlin
Assistant Community Advocate



Community Resource Library

The 25th Anniversary of LIFE*SPIN marks 19 years of service since the Library was set up, in 1999, by Librarian Kim Kobelsky, who selected *ResourceMate* cataloguing software to organize the collection. I took over with a short-term contract position in July 2000, and has continued as a part-time volunteer Librarian organizing LIFE*SPIN's archives, books and other media.

A Library Volunteer Orientation and Job Description was prepared by the Robert Duff, and Len Turner volunteered for a couple of years to work with him. In 2001, the library was provided Public Access Computers (CAP), resulting in an unusually busy year. Books and other materials were circulated to staff, students, and other members of the community. Internet searching was done for staff and visitors, who were also assisted in doing their own researching, word processing and other computer tasks on the Public Access Computers (CAP). 2002 saw the publication of "*How to Get There from Here*," (Research & Editing by Jacqueline Thompson, 4th Edition, 2002). Our research enabled us to complete the Canadian Cataloguing in Publication data.

In 2005, the Library was moved from Fire Hall No. 5, 155 Adelaide Street North, to the new LIFE*SPIN location on Dundas Street. We dismantled the shelving and rebuilt at the new location. As the physical space is somewhat smaller, the library collection had to be honed down significantly. *ResourceMate* has been upgraded several times over the years, with the generous assistance of our technology specialists Bob Earhart and Arthur Tyndall.

The new *ResourceMate Essential* catalogue currently has 440 entries, including 436 books. There is currently a back-up maintained on the Library computer's hard drive and a USB key.

In addition to the book collection, the Librarian maintained the *Archives*, including our AGM Reports, *SpinCycle*, the Annual *Financial Statements* and other LIFE*SPIN documents. Pamphlet files are maintained of *Government of Canada Research Reports*, *Government of Ontario Research Reports* and *City of London Research Reports* along with other documents. Pamphlet files of newsletters, such as *Stirrings* and *The Old East Village News*, are also maintained, as well as picture albums and scrapbooks containing photographs and newspaper articles related to LIFE*SPIN.

A review of the *Archives* was begun on January 31st, 2018, including *SpinCycle* 2011–2017, and (*Audited* and *Unaudited*) *Financial Statements*, 2011–2017, with additional copies added, to ensure there were 2 of each document. The 2011 issue of *SpinCycle*, containing the "Cat Report"—featuring a picture of the LIFE*SPIN cat, Louie—holds a special place for us all.

Robert Duff



Community Volunteer Income Tax Program

LIFE*SPIN is pleased to be able to provide clients with assistance in filing their income tax and benefit returns, in conjunction with the Canada Revenue Agency's Community Volunteer Income Tax Program (CVITP).

For the past five years, Len Roozen has been helping low income individuals and families file their current and prior year returns, free of charge, ensuring that they get any tax refund they are owed as quickly as possible, and that they qualify for the HST Credits, Ontario Trillium Benefits, and Canada Child Benefits to which they are entitled.

For clients who are behind in filing, Len is often able to help them recover refunds and benefits they may have missed, for up to nine prior years, giving them access to badly needed funds.

Last year (2017) alone, we helped our clients file 954 tax returns, securing over \$2,047,500 in tax refunds and credits for them. In 2018, we had already assisted our clients in the preparation of 507 returns by May 31.

In the London area, Life*Spin offers the only free tax preparation service available year-round for both current and prior years' returns. Returns are prepared by appointment only, ensuring confidential and personalised service to our clients.

Len Roozen

Money Smarts

The LIFE*SPIN Financial Literacy Program, which focuses on the Registered Education Savings Plan and the Registered Disability Savings Plan, has been active for a full year with great success. Sponsored by LIBRO Credit Union, we committed to holding monthly in-house informational workshops, as well as out-of-house public forums and sessions. Our scope was to assist low-income individuals in taking participatory steps towards these plans in order to reap the benefits to which they could be entitled. We were privileged to have two representatives from the LIBRO Credit Union at each of the informative workshops, as well as Drew Gardiner from The Co-operators. These guests generously gave straightforward details and the process of each plan.

We created a booklet which provides easy-to-understand language with the steps that can be found on the CLEO website (Community Legal Education Ontario):



BUILDING COMMUNITY FOUNDATIONS FOR SELF-RELIANCE



RESP:

<http://yourlegalrights.on.ca/resource/registered-education-savings-plan-who-can-get-one-how-get-one-and-what-are-advantages>

RDSP:

<http://yourlegalrights.on.ca/resource/registered-disability-savings-plan-who-can-get-one-how-get-one-and-what-are-advantages>

A basic overview of the plans:

Registered Education Savings Plan (RESP) provides a government contribution of up to \$2,000.00 towards your child's education, if you are of low-income. This further education can refer to apprenticeship programs, trade schools, universities and colleges. You are not required to contribute, in order to receive governmental contributions but, if you do contribute towards the plan and are low-income, the government further matches a percentage of what you put in! Further, if you are in receipt of Ontario Works or ODSP, a Registered Education Savings Plan is exempt from your asset level and cannot be counted as an asset! To participate in this program, all you need is a SIN for your child, who must be a resident of Canada.

Registered Disability Savings Plan (RDSP) is a savings plan intended to help parents and others save for the long-term financial security of a person who has a disability and is eligible for the Disability Tax Credit (DTC - form 6929). One benefit of a Registered Disability Savings Plan, if you are under the age of 49, is that you could receive up to \$1,000 annually from the Federal Government, without making any contribution! Further, the government will match up to three times the amount you contribute. Again, like the RESP, the RDSP does NOT affect other disability or government benefits you are already receiving (disability benefits, guaranteed income supplements, OW, etc.).

Our next workshop will be held on July 17th at 1:00pm, at the LIFE*SPIN Living Room, 868 Dundas Street. Drew Gardiner from The Co-operators will be there covering RESPs and Tenant Insurance. Our other guest is from ChildReach, and will be bringing a "Pop-up Playground" in which the little ones can have fun! Please call us if you have any questions, and to register at (519) 438-8676. See you there!

Myrna Pronchuk



Community Economic Development Housing Initiative

People come to us for assistance in resolving a specific crisis, one that will quickly lead to more if it is not resolved. For example, one late Family Support Payment can leave a sole-support mother standing in line at a food bank, facing an eviction, without car insurance to get to work, without heat or water, without a telephone, without means to get her child to daycare; without hope and a sense of dignity. Part of what keeps LIFE*SPIN unique and innovative is the foundation of personal experience, peer support and a profound sense of caring for each individual who is courageous enough to reach out when they need a hand up.

LIFE*SPIN is working with low income people to create real solutions to poverty – simple basic things that we all need to feel stable, so we can be involved in the community, go to work, follow our dreams, and raise our families.



Stewart Perry

Stewart helped LIFE*SPIN to set the strategic direction for developing a sustainable organization, while staying focused on meeting the needs of our community

The search for safe, affordable and suitable housing in London is very difficult for low-income earners, those on financial assistance programs, and homeless individuals. This is mainly due to the lack of affordable housing, rising rents and decreasing real incomes. Poverty rates for groups such as one-parent families, Aboriginal people, recent immigrants, and persons with disabilities remain unacceptably high.

LIFE*SPIN

CED Housing Initiative



One of the most disturbing trends is the dramatic increase in single and two-parent families which are being forced into emergency shelter. There are literally thousands of families on the waiting list for affordable housing units, and the London Housing Registry has closed because there are no affordable units to list. The Province has mandated Affordable Housing for new developments, however our municipal council has turned our housing futures over to a city-funded corporation, and we have since had negligible reporting and no proposals to council for implementing affordable housing in our community.

Unbelievably, LIFE*SPIN continues to operate with no core funding. Through donations from the community, income from our solar panels, small project grants, and great leadership from our Board and operations, LIFE*SPIN has been able to offer 10 units of affordable housing to residents in need of safe, permanent affordable housing. Through the Community Housing Initiative, LIFE*SPIN has also been able to give back to the community through the donation of space to house Old East Common, the community resource space, our “Living Room”, and the Free Store, where people in need can access donated clothing and household articles free of charge.

LIFE*SPIN has built relationships with excellent tradespeople in making sure our units continue to be updated and safe. We acknowledge the tremendous support we have had from BJ Plumbing, Master Services, Habitat for Humanity, Home Depot (East), Provincial Glass, Provincial Locksmith, Pathways Buildworks Program, and thousands of hours of volunteer time from our friends, family, neighbours and tenants.

Our Steward’s Committee is currently Co-Chaired by Richard Nancarrow and Rose White. We will gratefully welcome anyone to join us in improving our housing and our grounds.

Stewards’ Committee Report

In the past five years, there have been major improvements at LIFE*SPIN’s building. Solar panels were installed in 2015, and have generated over \$27,000 in revenue. The front facade was improved, and all the windows in the store fronts were upgraded to reduce heat loss and increase energy efficiency. The stained glass windows that were hidden under plywood were all removed, re-finished, and reinstalled. Awnings were added to the store fronts as well. The City of London recognized the work that LIFE*SPIN did, and the property received a Heritage Designation. Several of the apartments have been upgraded and modernized, including one that was done by the staff of Home Depot on Clarke Road. The store fronts are rented out to Artisan Bakery and Bread and Roses Bookstore.

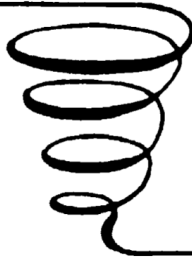
Richard Nancarrow



The Living Room

The LIFE*SPIN Living Room is an accessible community resource space in the Old East Heritage District. It is well used by numerous groups throughout the year, hosting 143 community events in 2017. Thanks to Canada 150 funding, the kitchen has been upgraded, and there is a pantry and storage for event tables and chairs. One of the regular groups that utilizes the Living Room, Ruby Tuesdays, organized a fundraising event, and bought us new chairs, and contributed to an electronic lock that will allow better access for groups using the space.

The front window serves as a greenhouse for the Children's Gardens, from mid-March until the end of May. The City is currently considering a zoning change for a development across the street, allowing the developer to go beyond the twelve stories currently zoned, to add an additional twelve stories. Such a change in zoning will overshadow our building, affecting both our only core funding, generated by the solar panels, and the community gardens. Along similar lines, the Christmas Sponsorship Program served 1,232 families last Christmas, requiring two visits from each low-income family with their children in tow, and an equal number of sponsors, dropping off their gifts. The City is proposing to remove the parking that allows disabled access to our building and that would seriously impede the Christmas Program. They are proposing a cement landscape feature in the middle of the street, instead.



Food Security Programs

The Nutrition Program at LIFE*SPIN is unique. Every guest is welcomed as part of our meal prep team, and we prepare healthy balanced meals for low budgets, while teaching and sharing recipes from many cultures. This year, we had the support of two leaders from the UWO/Fanshawe Nursing Program, Justin and Arusha. The partnership with the Nursing program has already been established for the fall of 2018, and the professor has volunteered to lead the first meal a month ahead of schedule, so that we can offer an extra community meal.

Numerous breakfasts were also offered throughout the year, as well. We welcomed Free Store shoppers in from the cold to enjoy a hot breakfast and a cup of coffee, as well as access to great information resources. Our office cat, Louie, also welcomed a friend in from the cold and the little kitten, Lucy, brought us all joy, and

LIFE*SPIN has played a key role in community improvement in this neighbourhood. We recently received an award from the Architectural Conservancy of Ontario for *the "restoration of an historic block in Old East Village with careful attention to architectural and environmental details and for their engagement in a significant community project and housing initiative"*. The City of London also utilized our expert design work in setting the design guidelines for the commercial corridor of the Old East Heritage District. Thus, we are disappointed in the short-sightedness of these short-sighted city planning considerations, which are most discourteous toward the work done by and for our community and neighbourhood. City staff have been a great help in keeping us informed, as has our local BIA. City Council has the final say on the proposed changes. However, they are also the decision makers who do not support programming for the low-income families served here.

We may call on you to help with presentations to City Council, if they continue with their plans to remove disabled access to our clients and replace it with a cement landscape feature. We were supposed to hear back from BRT advocates, to let us know if they would provide parking/loading bays for our clients, but timelines have passed with no changes to their plan.

"If it wasn't for all the help you give to myself and my grandchildren, I don't know where we would be. We are so grateful for all you do!"

Julie H

found her forever home with one of the nursing students.

The Child and Youth Network requested that we utilize the food programming they had recently designed, and the students worked hard to incorporate relevant sections into our existing program that serves a broad sector of our community, including families with young children.

LIFE*SPIN has operated Food Security Programs in London since 1994. Our Green Market Basket Program brought local organic produce directly from farms to low-income families throughout the city. The program operated for more than 10 years, and was discontinued when it no longer served a majority of low-income families... as organic food became trendy, the clientele changed.



Seniors Christmas Social Tea

For the past seven years, LIFE*SPIN volunteers have hosted a Christmas social for our older clients, many of whom are isolated during the holiday season. Patricia Runciman invited forty seniors she had served through the year, and the LIFE*SPIN Nutrition Program organized and served the tea to those seniors. The Crochet Club of London donated hand-crafted lap blankets that we were able to distribute, with gift bags to each guest. We appreciate the tireless efforts of the volunteers who make this such a welcoming space for this event.

Just 4 Girls

J4G, Just for Girls, is a free group for girls and female-identified youth between 14 and 18. We meet every other Wednesday at LIFE*SPIN, and do interesting activities which also provide some fun. The highlights from this year included a visit to Clovermead Farm, testing our skills at an escape room, a visit from the Middlesex- London Health Unit, and a visit from Tania, from Tania Floral Design, who taught us about plant propagation and entrepreneurship.

Kathryn Callahan & Sara Mills



The Free Store

“The LIFE*SPIN Free Store has impacted our entire family’s mental health, knowing there is a place to go to get items means the WORLD to us. Without LIFE*SPIN, tough times would be unbearable. Thanks”

April B.



The Free Store has been completely transformed this year. Utilizing the Strategic Plan of the Business and Social Enterprise student team from Huron College, we greatly improved the aesthetics, safety and the customer/donor access of the store. The business plan was implemented this Spring, and the store re-opened on April 15th. Improved access has enabled us to provide to clothing and household articles to low-income families, with 4040 shopping visits over the remaining eight months. Donation turn-over has greatly improved with the additional families, shopping days, and evening hours.

The extension of this critical service has extended the community of people we serve, and welcomed more individuals who are willing to volunteer to give back, with their time and experience.

As we approach our 25th Anniversary on June 22nd, we just wanted to say thank-you for your support over the past ten years, and thank you for helping us get through the transition to a better service.

“Everyone at the Free Store is always so welcoming and non-judgemental, I feel welcome and happy using the Free Store”

Rachael C.





Old East Common

LIFE*SPIN moved to our current location in 2005. We started the “Building Common Grounds Project” in 2006 to provide community green space in the Old East neighbourhood. The first step, however, was to remove the dilapidated house located at 423 Ontario Street just behind LIFE*SPIN, and create an empty lot.

A comprehensive study, conducted by the Geography Department at Western University, found there was insufficient recreational and green space in the Dundas corridor area where, LIFE*SPIN is located. This lack of shared community space left residents isolated inside their homes, where they struggle individually.

In 2006, residents in the area were contacted through a door-to-door survey, and then invited to a community forum to share their design ideas. Residents helped to create the blueprints for the space, which were consolidated into a landscape plan by Landscape Architect Gabriel Sanio.

Green spaces serve as gathering places to interact with neighbours. This heritage garden gives more than 3000 people in this neighbourhood a green space and a play area for their families and themselves to spend time, providing a sense of community and ownership.

Special thanks is due to the leadership of Stephanie Owens & Meagan Pyper and the volunteer contributions of Home Depot, Western Serves, and residents of our Housing Initiative.

This is how our garden grows ...

- 2006 Community Planning & Design
- 2007 Garden Shed/ Storm Water Reclamation System
- 2008 Tree Planting 20 Shade Trees/ Garden Fencing North
- 2009 Patio Garden Fencing North & South
- 2010 Garden Entry Arbor & Garden Fencing South & East
- 2011 Accessible Pathways
- 2015 Living Roof Shed/ Arborist Trim
- 2018 Improvements to Storm Water Reclamation System & Driveway



Community Garden Days are held in late May and early September. We appreciate the many hands and willing hearts that keep the garden growing.



Pocket-Sized Farms (PSF) also began in 1994, and initially served children attending public schools located in low-income neighbourhoods. LIFE*SPIN was 20 years ahead of the trends, as we see similar “new” initiatives cropping up to replicate our initiatives, and receive funding to carry them out. We moved the children’s gardening program to our site, so it no longer had to rely on the schools, whose principals changed every few years, often leaving us without a stable garden site for the children.

Pocket-Sized Farms is a vibrant program that focuses on literacy and environmental restoration. It has been housed in Old East Common since 2007 and children who attended the camp when they were young are now returning as camp leaders for the next generation.

We begin each year with a “March Break Seed Planting Party” that is a fun-filled day for children aged 5 to 12. We plant the seeds for the children’s garden, and the seedlings are moved to the garden at our annual Community Gardening Day, held at the end of May each year. Western Serves welcomes 40-50 students each autumn to harvest the final produce and put the garden to bed for the winter.

LIFE*SPIN ~ Growing Food Security

We are grateful to London Community Foundation, Service Canada, the Maycourt Club of London, and Youth Opportunities Unlimited for the funding partnerships that allows these program to continue to grow and thrive.

We are also grateful to the program leaders with the vision to create and carry on the Food Security Programs that serve our families and our children with dignity and fresh healthy food.

Tara McDonald, Cindy Johnson, Gary Begner, Jack Whiteside, Rose White, Meagan Pyper, Stephanie Owens, Narcise Datura, Rachna Sharma, and the many student leaders who have spent their summers in our garden.

Fundraising Committee Report

A small but dedicated team of volunteers is trying to assist LIFE*SPIN by raising money for specific projects.

Our main undertaking is an annual harvest meal, held at Saffron's in Fanshawe College.

By holding this event, together with a silent auction, we make a sizeable contribution to help with the Christmas sponsorship program, ensuring that no family is left out. Additionally, we hold an annual toy drive in December, involving all 5 divisions of first responders, and collecting donations for children.

We hope to expand our efforts, and are looking forward to having many of our sponsors join us.

We are a growing team and are always keen for new volunteers. So, if you have any interest or expertise please contact the office.

Easter Egg Hunt

This year, LIFE*SPIN hosted the 13th Annual Easter Egg Hunt in the Old East Common. The Easter Egg Hunt is for young children living in low-income families. This allowed the children to participate in a time-honoured tradition that may otherwise have been beyond the financial means of their families. It also provided an opportunity for parents with young children to interact with others who are facing similar struggles.

Pocket-Sized Farms registration forms were made available to parents of children aged 7 to 10, for this summer program, and parents were invited to participate in the Registered Education Savings Plan information forums.



Easter Fun Creates Smiles

Christmas Sponsorship

The economic downturn, rising utility costs, job loss, and disabilities mean that more and more London residents are in need of a little extra help, especially during the Winter months. Concerns with finding a new job and paying rent and utilities, or accessing appropriate disability supports, often leave parents worried, and their meagre budgets cleaned out. Since 1994, LIFE*SPIN has offered the Christmas Sponsorship Program which has provided comfort to these families, and offered some joy at Christmas for children living in poor families in our community.

"It's amazing to see the smile on my girls faces Christmas morning because of the program you offer.

It makes me so happy to know that this program exists and I no longer have to cry because they won't have a Christmas. Thank you for your kindness. "

Jessica Butler



What makes LIFE*SPIN's program unique is our Sponsors. Each sponsor is matched with a family, and is then provided with the children's first name, their clothing and shoe sizes, and favourite colour, along with the "wish list" of two or three items the child would like to get from Santa. We continue to be overwhelmed by the outpouring of kindness to the children living in low-income families in our community.

Thanks to generous sponsors, the efforts of our Fundraising Committee and Emergency Service of London, we were able to assist all the families on our waiting list. LIFE*SPIN was able to assist 1,232 low-income families in 2017. We are grateful for the outpouring of kindness and generosity that creates Christmas miracles for so many families.



**Kathryn
Callahan**

Nominees for 2018



**FRANCES
MOORE**



**Laura
Rosen**

**Drew
Gardiner**



Our Board of Directors must have a minimum of 60% low-income representation from our membership. Any nomination from the floor will need to retain this balance or will need to be balanced by an election of the required balance of members. Nominees must read and agree to the Conflict of Interest Policy.

The Nomination Committee notes that the Board Slate presented below adheres to the election requirements.

Nominees for 2018

Kathryn Callahan

Kathryn first began volunteering at LIFE*SPIN as a class requirement for her Social Justice & Peace Studies degree at King's College. She was so impressed with the positive atmosphere and dedication to social justice that she stayed on to assist with the Pocket- Sized Farm program, and went on to develop the Just 4 Girls (J4G) program. This is her second year on the Board, she is grateful for the opportunity to serve the community while developing new skills.



Current Board Members

Laura Rosen

Laura has served on a number of committees and organizational boards as a member of the Western University senate for two years. She is also an independent research consultant who focuses on working with not-for-profits in the surrounding area. Her experience as an addiction researcher has given her an understanding of the challenges faced by marginalized and low-income individuals and families. She would like to do whatever she can to help alleviate some of the strain faced by this population.

She believes that LIFE*SPIN's approach to facilitating independence and maintaining dignity is a great way to empower people, and would love to be a part of a team that does such meaningful work.

Drew Gardiner

Drew joined LIFE*SPIN's fundraising committee in May of 2015, after having participated in the Christmas campaign as a donor, in 2014.

He became Vice Chair of the Board in June of 2016, and it was in this role that he realized how much MORE LIFE*SPIN really does. "Seeing the impact that LIFE*SPIN has on the community, the joy it brings, and the overall positive, often life-changing impact the organization brings to our clients never ceases to amaze me." Drew owns an Insurance and Financial Services Business as an Agent for the Co-operators and uses his experience in this field to serve on the Executive, Finance and Fundraising Committees.

Frances Elizabeth Moore

Frances has a background in law, recruiting, project management and works in the non-profit sector. Working as the Job Match Sales and Marketing Advisor with Immploy (formerly the London-Middlesex Immigrant Employment Council at WIL Employment Connections) working with internationally trained immigrants and international student graduates seeking employment. In addition to her work with LIFE*SPIN, Frances Elizabeth volunteers with NoKee Kwe as an Advisory Committee Member for the +Positive Voice project, with the City of London and London Police Services on the Community/London Police Service Collaboration and Partnership Working Group (Race Relations) and has been a guest lecturer at Fanshawe College for the Police Foundations course, speaking on Urban Indigenous Issues and Intergenerational Trauma. As such, Frances has gained a wealth of knowledge about the services available and resources of the greater London area, and has recognized the importance of the programs and services that LIFE*SPIN offers to the community. Frances Elizabeth initially became involved with LIFE*SPIN in 2013, volunteering with the Chocolate Sunday committee that supports the Christmas Sponsorship Program, and is a huge supporter of LIFE*SPIN's Free Store. Frances Elizabeth is now in her third year as President and Co-Chair of the Board of Directors, and is looking forward to the year ahead.

Kathy Eddington

Kathy has been an active volunteer for 5 years now, and has served on the Board for 2 years. She has worked in the free store, assisted with backpacks, Easter egg hunts, Christmas sponsorship and is co-chair of the fundraising committee. Kathy has a real passion for the help that LIFE*SPIN provides to our clients.

Patricia Fyfe

As a long-time supporter of organizations for social justice and humanitarian aid, it took only one visit to the offices of LIFE*SPIN to convince Pat that this was a place which embodied all those virtues. Prior to retiring from her career as the Senior Academic Counsellor in the Dean's Office in Western's Faculty of Science, she contributed to the Christmas Sponsorship program, and provided personal hygiene supplies for those on limited incomes. Her previous responsibilities had included proofreading and editing university calendar copy, skills which have been put to great use with funding applications, website revision, and as Secretary to the Board. She is also a member of the Executive Committee. Pat continues to champion and support LIFE*SPIN'S programs and goals, sponsoring individuals and families at Christmas, providing supplies for Pocket-Sized Farms, the Backpack program, and hygiene supplies. She regards her involvement in the organization as a great privilege.

David Murphy

Fifteen years ago, I joined as a volunteer at LIFE*SPIN. I was involved with the Green Market Basket campaign as part of LIFE*SPIN's Food Security Program. While this effort was rewarding for many recipients, myself included, there were too few subscribers to sustain the program. This program was ground-breaking at the time, and is now a popular way to help local farmers and growers to feed people and families. Rose White, who was employed by the Agency, asked me to consider joining the Board of Directors of LIFE*SPIN. I have been a director on the Board ever since, with the exception of a year's leave of absence.

It has been my great privilege and pleasure to serve over the years as President, Co-Chair, Treasurer (currently) and chair of the Personnel Committee of the Board of Directors of LIFE*SPIN. I have seen the organization struggle with funding over the years, but due to the commitment and determination of the Executive Director, Jacqueline Thompson, and our many devoted staff and volunteers, not to mention the countless donors, we are thriving!

I have been constantly amazed and moved by the never flagging efforts of the people of our Agency to build a community garden, supply affordable accommodation for the disadvantaged, and sustain our many programs serving the needy families and individuals of our community.

Nominations Committee—Continued



Upon my retirement from working at Western University for forty years, I have been afforded more time to volunteer at LIFE*SPIN. In particular, this has given me the opportunity to participate hands-on in the Christmas Program, which this year helped over 1,200 families have a wonderful holiday.

I look forward to many more years of volunteering at LIFE*SPIN.

Richard Nancarrow

Richard Nancarrow has been a volunteer with LIFE*SPIN for 6 years. He has worked on many projects, including the installation of the solar panels, upgrading the facade, restoring the stained glass windows, helping to renovate apartments, and working on the grounds. He also has helped the organization to source materials and labour at low or no cost, commonly known as scrounging.

Rose White

I have been a part of the LIFE*SPIN community since 2002, and it has been a critical part of my life for many years. As a sole-support mother, I relied on its services and support, and I have remained a champion of the work of LIFE*SPIN. My daughter was given her first work experience in the Pocket- Sized Farms program, and now I am accessing your Financial Literacy program for young children in my life, who suffer from disabling conditions. I am proud of my Food Security work for LIFE*SPIN, and wish to continue to support its development through the garden and nutrition programs. I am currently employed in food services working with disadvantaged populations.



Ken Palmer Music Bursary

Jack Richardson Music Awards has partnered with LIFE*SPIN to establish a Music Bursary for young musicians in high school wishing to pursue music education at a post-secondary level. Jack Richardson London Music Awards is committed to supporting music education in London, Ontario. The Ken Palmer Music Bursary was established in honour of long-time London musician and educator Ken Palmer. Ken worked at LIFE*SPIN to develop a business plan for a performing arts centre.

Congratulations to this year's recipients, Rebecca Myette and Gillian Derer. We are honoured to be able to support these young women's futures through education.



Personnel Committee

A revised Personnel Policy was approved in May by the Staff Committee and the Board of Directors.

Drafted by the Board's Joint Personnel and Policy Committee, the new policy looks very much like the old. For the most part, the changes can be summarized as tidying up – eliminating unnecessary repetition, for example, and clarifying some points.

As an example of clarification, hours of work are no longer rigidly defined as the classic 9-5. For greater flexibility to meet varying needs, the new policy provides that hours will be set out in each staff member's and committed volunteer's employment contract.

One notable change is that personnel policy no longer applies to members of the Board, who are already governed by a different section of the Policy Manual.

Lewis Seale



LIFE SPIN

Built in 1909 ~ LIFE*SPIN saved this property from demolition

"Rehabilitating historic properties conserves taxpayers' dollars, conserves our local heritage, and conserves the natural environment. Rehabilitating historic buildings and using the infrastructure that is already in place to serve them is the height of fiscal and environmental responsibility."

Donovan Rypkema, Place Economics



Myrna Pronchuk

I was initially approached by a friend who informed me that LIFE*SPIN was seeking someone to look after their Financial Literacy Program. My friend told me that LIFE*SPIN was a great organization and that working for Jacquie Thompson would be an amazing experience. I was fortuitous to get the position and can say with all sincerity that I have found that both of these statements to be true.

What I didn't expect to find in this position was the unique community within LIFE*SPIN, where every individual resonates bountiful qualities of compassion and caring for others. Everyone who passes through the LIFE*SPIN doors has a story to tell of how their life has transitioned into a remarkable place, and how Jacquie Thompson and LIFE*SPIN was in large part, responsible for that shift.

The LIFE*SPIN website states that "LIFE*SPIN provides a safe, comfortable atmosphere where families are treated with respect, dignity, and genuine concern". These words emulate both LIFE*SPIN and Jacquie Thompson. To me, Jacquie Thompson and LIFE*SPIN are synonymous. Jacquie is the real deal; authentically caring for and about people is part of her fabric. She is a generous teacher, life coach, and mentor, who battles tirelessly for social injustice.

I am humbled to be part of the LIFE*SPIN family and proud to wish LIFE*SPIN a Happy 25th Anniversary.

Amanda Wilcox

I came to LIFE*SPIN as a result of an exciting job offer. Little did I know, when I started, how much impact this, and working with LIFE*SPIN would have on me in so many ways. Life-changing is the easiest way to describe it.

Why I stayed and plan to be what I call a LIFE*SPIN Lifer... This is an inclusive environment, for employees, staff, volunteers, and clients. Meeting every individual where they are in their own personal journey. LIFE*SPIN acknowledges barriers that everyone may face, and everyone within this space works to provide a safe and welcoming place to learn, grow and receive a "Hand Up" without judgement.

As an employee and volunteer, I have faced countless barriers through one of my toughest years in my personal life. Jacqueline and the rest of the staff/ volunteers have been by my side through all of it. Life Spin encapsulates community in its truest definition, never ostracising people when they cannot do what society expects of them. Throughout this year, had I not been a part of this community, I would have been very lost and isolated. Being a part of something is one thing that kept me going, and gave me the motivation to keep trying, and to keep LIVING.

I will forever be grateful to LIFE*SPIN, and plan to continue growing and working within this community. Happy 25!



Deb Ratz

When I began in the office, I had no experience with using a business line, a fax machine or a computer. The office ladies were so patient while they were teaching me how to do all these things really well. Now, I can do work from home for myself and my family. I have also learned how to advocate for people struggling with mental health issues, and am grateful for the supportive people who are around to guide me.

It has been amazing. The people, the programs, the numerous things that have also benefited me, and I love doing the Christmas Program.

I really enjoy meeting the sponsors, and adore seeing the happy faces when families pick up their gifts. I look forward to helping at the Toy Drive at the Fire Station. I have learned how to interact professionally with sponsors and businesses, and look forward to chatting with them each year. I have learned so much. Arthur created a computer program just for Christmas, and I have worked really hard to become the most knowledgeable user, so I can help others use it and match more children to sponsors every year.

I am a better person, thanks to my involvement at LIFE*SPIN. When you open your eyes and see what is happening in the world around you, you also open your heart to help those less fortunate.

Without LIFE*SPIN, I would be lost in my own troubles. LIFE*SPIN actually helps me to get the support and information that some other agencies get funding to provide, or that other workers get paid to do, but just cannot seem to manage.

Being part of the growth of LIFE*SPIN is exciting; seeing the children who originally came here to camp come back as employees, seeing the Free Store hours extended, seeing the work on the building and how the garden grows. It is nice to work with people that don't judge you; it is like a family.

I know if I am having a bad day, others will step in to help me or trade me shifts. I never worry about losing my job due to my disability. LIFE*SPIN has empowered me to excel in all I do, and to really feel that I am making a valuable contribution to our community.



Paola and Deb



Free Store

I had been in a personal rut for a few months, maybe even a year. My husband told me I needed to get out of the house and do some volunteer work. We went on Kijiji, and found that an organization called LIFE*SPIN was looking for help working in something called a Free Store. It sounded interesting and promising, so we did some digging to see what we could find out. We liked everything we could find, so we sent an e-mail, looking for information. We received an e-mail, setting up our first meeting.

That is where I met Jacquie and Donna. At the first meeting they went over the rules and regulations, and gave me a tour of LIFE*SPIN and the Free Store. I was hooked! I started on the first Monday after that meeting.

In no time, I was working every day, and I started to move things around and straighten things up, to make the store run a little more smoothly. Before long, I was the co-manager.

As a family, we had never given very much to charities, but I found this cause to be good for me and the community which we served. I bought some new racking, shelves, hangers, and whatever else we needed. Jacquie provided new racks for the store, and we now have a little boutique-style store which looks and runs like a true retail store (without the money!).

I cannot tell you the joy I get in meeting with the other volunteers for a shift at the store. It has become like a family, full of jokes and laughs, and our fair share of hard work. Not only are the volunteers amazing, but so are our clients. They walk in with big smiles, lots of hugs, coffee and baked treats for us to share.

There is nothing like the feeling you get when you are able to give a man a warm coat, a woman a pair of shoes, or a teenager a dress for prom. It is truly heartwarming. There are both warm and heart-breaking stories.

I hope that the Free Store stays around for years to come, and allows me to continue to be part of it.



Odilia (Odie) MacDonald
Free Store, Co-Manager

Bread & Roses Bookstore

Nearly 2 years ago, our large family launched a community-based used bookstore in the LIFE*SPIN building in the heart of the Old East Village. It is important to reference our family right away, because it is so intertwined with what we do and could not survive without the support from all. We have a large blended family (there are seven of us in all) who are community and justice focused. Our bookstore reflects our family and our values. You might find that there is a diverse assortment of events and activities that Bread and Roses Books offers. Bread and Roses Books is an independent used bookstore, but we also fancy ourselves to be more than a bookstore, since we have regular public events related to current social movements and local organizing. Again, we must thank LIFE*SPIN and Jacquie for the support and use of the Livingroom space, to use on occasion to enhance our social justice organizing and community oriented events.

Bread and Roses Books began as a wholesaler of books for Canadian and American booksellers. We sell used books from the store, as well as through online book selling platforms. We continue to sell to wholesale buyers but have shifted our focus. The number and diversity of books available have been growing since we opened. You will find many traditional genres with which you will feel comfortable, but what sets us aside from others book sellers in town is our affinity for political economy, progressive politics and radical reading. These specialty areas are a result of our personal and educational experiences.

The Maker Bus initially launched in the space with us but, since then, they have evolved into a different space. We look forward to increasing our used book offerings, organizing events and participating in justice campaigns.

Chris Stroud

Artisan Bakery (Founders)

Our first contact with Life& Spin started approximately eight years ago. Eight years ago, Jacqueline Thompson (original founder and executive director of LIFE*SPIN) approached my husband and myself at the Western Fair Farmer's market.

Jacqueline had a dream. She dreamed about the fish store which was operating in LIFE*SPIN's premises at that time. She dreamed that we would operate a bakery, and there was soon a line-up growing outside. What a perfect combination (just like in the biblical times where Jesus fed the multitudes with loaves and fishes). That day, a relationship was born between LIFE*SPIN, Theo, and myself. The Artisan Bakery became operational the end of 2012.

Theo and myself learned a lot during the five years we had the bakery at this location. We learned that it is relationships what matter. The volunteers we had to deal with were great. Who remembers that, one day, someone decided to trash the big window at the bakery. The window was in one thousand pieces. Think about the mess



Mayor Matt Brown helping out with the Backpack Program



Back-to-School Backpack Program

it created. Glass was everywhere. When we arrived at the bakery, Jacqueline, Moe, and other people, were already busy cleaning up the mess. What about the time that one snow removal truck raced by and splashed our window and surrounding area's with snow? The result was solid frozen windows and doors. Jacqueline was at the bakery at 11:00 o'clock in the evening cleaning with us.

We learned about the children coming to Pocket-Sized Farms. What a blessing it was to see the children happy, touching and playing with the dough. I remember the line-ups with the back to school program. There is so much to Life& Spin. When we sold the bakery at the end of 2016, we volunteered our services. Another program, which stands out, is the tax clinics all year round. It makes me so appreciative to be part of a team who stands out, and all the volunteers, and employees are truly committed to help the low-income families and individuals.

There is the advocacy for residents of London who need assistance with housing, O.D.S.P ., etc . LIFE*SPIN is there. Our Community Advocate is one of the longest-lasting employees with LIFE*SPIN.

There is so much to LIFE*SPIN: the programs, the Free Store., the Financial workshops, the board. What LIFE*SPIN means to me is serving others. The faces of some of the people when they come in and have the opportunity to see a shimmer of hope on their faces. They see a light to a way out of the situation they are in and the beginning of a new and changed life. Sometimes, it is not easy. However, as long as we can give people encouragement and direction to get out of their circumstances, that is what LIFE*SPIN is to me.

Thank you to the numerous people who are involved in this tremendous ministry. I am proud to be part of LIFE*SPIN. Congratulations on a lifetime of serving. Here's to the next 25 years.

Theo and Gerda Korthof



City councillor Phil Squire and City Planner, Kyle Gonyou unveil the Heritage Plaque

Each August, before the children start a new year at school, we like to start them off with supplies and learning tools. This is a luxury that many children in low-income families could not otherwise enjoy. We trade each backpack for that child's drawing, a poem, or a story about poverty or racism in London, and what we should be doing to address it. With amazing support of volunteers and donors, we provided back-packs to 300 children last year. Thank you to Mayor Matt Brown who came out again this year to help with the distribution ~ the children love meeting our mayor.

Donations are now being accepted at LIFE*SPIN for distribution at the end of August.

- Scientific Calculators
- Crayons
- Pencil Cases
- Reusable Lunch Containers
- Flash Drives
- Pencil Crayons
- Pens/Pencils/ Erasers
- Coloured Pencils
- Back-Packs

Harvest Dinner & Silent Auction

Friday, October 19, 2018

6:00 – 9:00 p.m.

In the new Saffrons Restaurant ~ opening in the Kingmills location

Tickets, priced at \$60, will be available in September

This fund-raising harvest feast will feature a mouth-watering three course dinner experience using products and produce raised and grown exclusively in London and the surrounding area. Please mark your calendars for a delicious meal, live entertainment, a fantastic silent auction, raffles, and more.



*Donations of time and expertise made to LIFE*SPIN are critical contributions that enable us to serve low-income individuals and families in London.*

Bouthaina Al Hassan	Robert Duff	Bowaine (Bo) Ma	Celestial Smith
Jaden Alvarado-Wilson	Bob Earhart	Odilia (Odie) MacDonald	Dan Smoke
Alyssa Ann	Kathy Eddington	Trevor Macintosh	Loay Soliman
Kelly Anderson	Darryl Edwards	Aisha Maula Bux	Megan Stacey
Lushwana Anderson-Stewart	Shawn Edwards	Jayne McGuire	Amanda Thompson
Kamil Aristilde	Wray Fagan	Linda McKnight	Andrew Thompson
Kathy Atkinson	Adriana Fernandez de Castro	Karen McLaughlin	Jacquie Thompson
Claudia Baldizon	Lynette Forbes	Kelsea McPherson	Marisa Thorburn
Jennifer Baswick	Patricia Fyfe	Juliana Menard	Rachel Thorburn
Leia Beland	Sally Galsworthy	Robyn Millar	Tracy Townsend
Nora Bicknell	Drew Gardiner	Paulette Miller	Arthur Tyndall
Paulette Bieler	Alma Guitenez	Sara Mills	Ortance Uwicyeza
Paola Blaschke	Zhi (Ci Ci) Guo	Frances Moore	Ohad Weingarten
Rick Booker	Charlotte Hammill	David Murphy	Rose White
Emily Brown	Eliesha Hammond	May Murton	Amanda Wilcox
Matt Brown	Muhammed Hatib	Rudy Nakashima	Terri Lynn Wilcox
Ryan Bryrn	Andrew Herman	Richard Nancarrow	Lauren Winquist
Heather Burt	Natalia Hernandez	Rabia Nasrat	Cantelon Wise
Douglas Caissie	Oscar Hernandez	Allison Neufeld	Chris Worozbyt
Maureen Caissie	Amanda Ho	Balqees O Al-Badri	Kaylee Zavitz
Dellie Calander	Olivia Jantzie	Devin Omokaro	Michaela Zehr
Kathryn Callahan	Justin Jeung	Islam Otoum	
Jordan Christensen	Alexis Jeynes	Melissa Parrott	
Michelle Chu	Brent Johnson	Myrna Pronchuk	
Kaitlyn Clement	May Kenana	Deborah Ratz	
Lynn Cooper	Faycel Kerrouch	Sherry Rockburn	
Rob Couto	Yuelee (Ben) Khoo	Len Roozen	
Donna Creighton	Jeremy Kish	Laura Rosen	
Cathy Cull	Gerda Korthof	Sophie Roussy	
Narcise Datura	Monica Kraurer	Nachamada (Nacha) Simon	
Nicole Davis	Jo-Ann Lawton	Patricia Runciman	
Avia DeBassiyeh	Shelby Lee	Arusha Savardzadeh	
Linda Dittrich	Anne Lessnerkraus	Lewis Seale	
Andrea Duarte	Mary Lester	Rachna Sharma	

Donations can be made online on our web site

www.lifespın.org

Packing the Backpacks





Government
of Canada

Gouvernement
du Canada



Scott Abernethy
Alejandro Achillion
Susan Anderson
Mike Aquilina
Emily Arsenault
Emily Assini
Caitlin Atkinson
Jim Ballantyne
Mary Bambury
Yiolaine Baragwira
Sharon Basic
Victoria Beal Aitcheson
Ross Beatty
Jan Benoit
Ted Biggs
Joy Birch
Wayne Bird
Cathy Blokker
Simone Borello
Linda Bourdeau
Cristin Bowie
Larry Breakwell
Lindsey Brekelmans
David Brewster
Cheryl Briglia
Danielle Bromilow
Jeff Brown
Robert Buchanan
Kelli Budge
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Katie Burns
Peter Burns
Helene Cagiannos
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Ron Chmara
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Ross Comanic
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Barry Craig
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Ann Daso
Ian Davies
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Kayla Dawe
Rachel Dean

Lindsey Declercq
Connie DeGraff
Karen & Shawn Delaney
Nicole Delellis
Adam Densmore
Paul Dickie
Amy Domingues
Luis Domingues
Lauren Donahue
Matt Dumas
Stephen Dunn
Kathryn Eddington
Trina Emery
Patrick & Erin Emmerson
Eric Enright
Jane Evans
Jennifer Evenden
Peter Farrell
Eileen Fenetry
Scott Ferguson
Gary Flynn
Anna Foat
Willy Fry
Maisa Fumagalli
Patricia Fyfe
Vera Gallagher
Kevin Gauci
Hugh Geurts
Jean Goddard
Debbie Goll

John Goudy
Stacey Graham
Paula Granger
Rebecca Graziatto
Barb Green
Allison Greenhill
Jennifer Gritke
Kathleen Grogan
Jeff Guilfoil
Heather Guizetti
Judy Hackett
Barbara Hagarty
Laurie Hamilton
Charlotte Hammill
Gord Hansford
Bruce Harman
Sarah Harper
Mark Harris
Rosa Hart
Maura Haughlin
Kathryn Havell
Pat Hayhurst
Mary Hayhurst
Stephanie Hayne
Carlos Henriquez
Dorli Herman
Kjartan Hernanjen
Julie Herron
Jane Hill
Cheryl Hills

Artisan Bakery

B & B Trade Distribution Centre

BHG Orthodontics

BLES Biochemicals

Bread & Roses Bookstore

Byron Family Medical Centre

Calibre Recruitment

Calvin and Rose McCallum

Compass Group

David Murphy & Anne VanEgmond

Development Engineering

Erich Heins & Stephanie McCallum

Frances & Donald Menard

Harasym Homes Inc.

Helen and John Swan

Imagine Health Centres Westgate

InMedic

Irman Atta Medicine Prof. Corp

Jessie Collins & Graeme Plant

Jo-Ann & Nigel Lawton

Kelly & Nema Creighton

L Fischer Medicine Professional Corp

Lambeth Art Association

Linda & Bill Ratcliffe

Linda & Len Roozen

London Fuse and Wood on Steel

Makerbus Collaborative

Manulife



Sheri Miller
 Mackenzie Millson
 Beth Milne
 Jenna Moore
 Burk & Meghan Morgan
 George Morin
 Barbara Mullins
 Alison Munro
 Mrs. C Naels
 Cheryl Neate
 Eric Nicholls
 Donna Nitra
 Dusan Novak
 Vincent Olakanye
 Terri-Lynn Oliver
 Erin O'Neill
 Lee Orphan
 Kristina Paciocco
 Andrea Pamula
 Karen Papadopolous
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 Cheryl Payne
 Cheryl Payne
 Wan Peng Sun
 Roland Plante
 Jennifer Podonis
 Carmine Pollice
 Jim Pound
 Demetre & Nadine Povlos
 Amanda Prelaz

Marshall & Murray Inc
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*LIFE*SPIN staff and Board of Directors gratefully acknowledge these generous and heartfelt gifts.*