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Spin
CYCLE
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Greetings from the Board of Directors of LIFE*SPIN

What a challenging time it has been for our clients, community, and country, over the past two plus years. In our last issue of Spin Cycle, we stated that we weren't sure that any of us could have predicted a global pandemic, and all that came with it - or that we would still be experiencing it sixteen months later. That still holds true today. However, since LIFE*SPIN is a small but mighty organization, run by a handful of incredibly dedicated staff, passionate volunteers, and generous supporters, we have endured and continued to support our clients in the community to the best of our ability, despite the shifting and pivoting with changing landscape and protocols relating to COVID19. With the safety of our staff, volunteers, and community we serve being our main priority, we have continued a limited contact model, with pre-orders and curbside pick up model for our Free Store, remote and online support for the Community Advocate and Tax Clinics, and the Pocket-Sized Farm (transformed into the Ploughshare Project), which supported 106 children in 96 low-income families with home-based start-up food garden kits. The Christmas Sponsorship Program, normally run by an army of volunteers, was pulled off through the sheer dedication of only a few. Our Community Food Box program was developed in partnership with On The Move Organics, and quickly became instrumental in supporting low income families (including baby hampers for new parents) in London, delivering 1,450 food boxes in 2021.

We would like to take the opportunity to thank the many staff, volunteers, and supporters who adapted, strategized, and supported us through each transition, so that we could best support the community that we love so much. We couldn't have achieved a fraction of what we have over the last year without you. Thanks to our generous supporters, who are acknowledged later in our report. Thanks to volunteers on the Board, committees, and the student teams that worked with us remotely all year.



We are particularly grateful for all those who stepped in to lend a hand delivering baby hampers and Christmas gifts. To our team, Myrna, Leia, Deb, Len, Nicole, Dan, Odie & Bruce, we want to thank you for your powerful dedication and advocacy. Of course, we also offer our profound appreciation and gratitude to our incredible Executive Director, Jacqueline Thompson. Her ingenuity, resourcefulness, sound and steadfast leadership, and passion for our community, has been a guiding light in a very challenging year.

Chi miigwetch & thank you,

Frances Elizabeth Moore, President
Marie Rioux, Vice President Board of Directors

Ken Palmer Memorial Music Award

The Bursary was founded in the spring of 2014 by Ian Davies, to honour the memory of the late Ken Palmer, who passed away in 2013, at the age of 65 (October 5, 1948 – October 30, 2013).

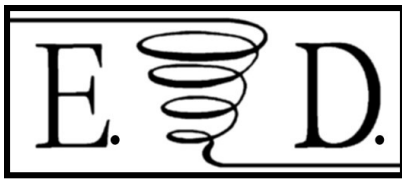
Ken was an integral part of the London music scene for more than 40 years, as a performer with the Dixie Flyers, Artistic Director of the Home County Music & Art Festival, and as a music teacher/mentor to many young musicians. Ken also worked at LIFE*SPIN to develop a business plan for a performing arts centre.

After two years of fundraising, the first Ken Palmer Music Bursary was awarded in 2016. Since then, twelve more \$1,000 bursaries have been awarded. The winners of the 2022 Ken Palmer Music Bursary were announced at the Classical, Jazz and World Music Gala, held at the Aeolian Hall on June 19, 2022. In consideration of the past two years of the pandemic and the strength of this year's applicants, the Ken Palmer Music Bursary jury chose to award three bursaries this year, instead of two.

The 2022 Recipients of the Ken Palmer Memorial Music Award are:

Ryan Grant, Hailey Scott, and Callum Sheehan

We sincerely congratulate them and wish them all the best as they embark on their post-secondary music education journeys.



Welcome to another year of celebration of the work we accomplish together. For the past 33 years, I have witnessed the list of volunteers extending beyond belief. I am astounded by and grateful for generosity, kindness, skill and dedication that flows through this community. Some stay for a season or two, some return year-after-year, and some are simply willing to lend a hand when we reach out and ask for help.

I am particularly grateful for the companionship, loyalty and dedication that Myrna has brought to our work. Covid was a bit of a challenge, and the sheer volume of people we serve is, at times, overwhelming. But, with the steadfast support from Myrna, we managed. The ability to work independently and being a team player, was never more critical than over the past two years. Len and Deb continued to work together to deliver services to our income tax clients, Nicole stepped in to lend a hand to Leia in Advocacy, and Leia recorded a series of helpful webinars. The Free Store continued throughout the pandemic through the amazing dedication of Odie and Bruce, and has been transitioning to in-store shopping with the delightful leadership of Odie and Dan, who welcomed a familiar face in our neighbourhood, Mano, to serve as greeter. Our student practicums were successful under the mentorship provided by Myrna, and resulted in more insightful information, publications and video resources, all of which have been added to the LIFE*SPIN website. We encourage you to visit our site and witness the incredible work that enables us to reach thousands of families.



Last year we hosted a workshop presented by LIBRO, for clients who face disability challenges, yet have an opportunity to access additional financial support through Registered Disability Savings Plans. They presented the information in English and Arabic. We are thrilled to now be able to accept our program registrations in Arabic and, following the example set by Libro, to better serve our families by presenting upcoming workshops in these two languages.

We are rooted firmly in the strength of the Board. Their steadfast support gives us time to reflect on the challenges and find solutions for the families we serve. The future holds so many exciting opportunities to create, build, and find new ways to lift each other up. With the generous donation bequeathed by Jean Herman last year, we are actively pursuing the construction of more affordable housing units for families with children, who spend countless years on the waiting list for affordable homes to raise their children. Strategic planning is only possible through the expertise and dedication of this Board.

The pandemic birthed new approaches and new programs, to reach out to our families who were struggling. The Welcome Baby Program and the Community Food Box Program help to address unmet needs and reach out to families in their homes. The summer program, the back-to-school program, and the Christmas program, have continued to be possible through the generous support of time and money, through individuals, businesses, the Christmas Lights and Sirens Toy Drive, our Community Food Box partners, and countless volunteers. Thousands of families are touched by the kindness that emanates from the strands of community we weave together.

Every one of your contributions, every shared experience in serving others, creates a collage of happiness and a deep sense of pride in why we work so hard.

Thank you for giving me the opportunity to be the vessel.

Jacqueline Thompson
Executive Director



Office of the Community Advocate

Public Legal Education
Community Development
Law Reform
Casework
Summary Advice
Referrals
Volunteer Tax Specialist

The Office of the Community Advocate struggled through another year of Covid -19 related changes, which is evidenced by the significant reduction of successful applications, from a high in 2017 to our lowest, in 2021. Our intakes for 2022, have increased substantially, with thanks to regular on-line e-newsletters, sent to all our client families.

This year Nicole Davis joined our Advocacy Team to complete the intake process for individuals needing help to apply for disability benefits or retirement benefits. Leia provided a series of auto-reply messages and webinars, designed to provide clients the information they need to advocate for themselves. This has enabled us to close many of the files, leaving Leia free to concentrate on completing the applications that put the winnings into the hands of those in critical need.

Myrna has continued to be an amazing support to our advocacy work. She oversees the student research projects, assists with publications and is the muse behind our marvelous website. Communication with our community continued in the form of zoom meetings, scheduled no-contact deliveries, and community outreach programs. For example, the Community Food Box Project, continued to deliver information on resources and programs to help those struggling in poverty in London.

Myrna worked with the Nursing program leaders and provided support to the Nursing Students, who contacted our senior clients, who were living alone. Not only did our nursing team complete a wellness check with our most age-vulnerable seniors, they also coordinated an online event

for the seniors to gather at Christmas, and they delivered them lovely seasonal gift bags as well. The Free Store stepped up to provide assistance to our pregnant and nursing moms, assembling and distributing more than 50 Welcome Baby hampers. This year we were, thankfully, still able to connect with our long-term supporters, like the crochet club of London- who again supplied us with 100 lap blankets for seniors and baby blankets, which were packed in with our baby hampers and Christmas baskets.

The LIFE*SPIN team also updated the registration forms for all our programs, and based on client feedback, the forms are beginning to be provided in Arabic as well. Our next zoom workshop/webinar will be presented in English and Arabic. The team is putting together our first in-person workshop extravaganza in October, and our student practicum is already arranged to assist in the fall.

The LIFE*SPIN team also published another Public Legal Education manual with Pro Bono Law Students Canada. Please visit our website to view and share this outstanding resource for folks who need assistance to access assistive devices. The LIFE*SPIN team has begun the process for a new project this September that will result in another publication to assist our families.

The Office of the Community Advocate hopes to re-open to in-person appointments in the summer, depending on our ability to apply and monitor the Covid 19 precautions set up to protect our vulnerable clients and peers working in our site.

Community Volunteer Income Tax Program

Since 2013, Len Roozen has been helping low income individuals and families file their current and prior year tax returns, as part of the Canada Revenue Agency's Community Volunteer Income Tax program. Returns are completed and filed, free of charge. In most cases, returns are filed electronically and instantly, which helps ensure that people receive any tax refund they are owed as quickly as possible, and that they qualify for the Climate Action Incentives, HST Credits, Ontario Trillium Benefits, and Canada Child Benefits to which they are entitled. Len, assisted by Debbie, is often able to help clients who are behind in filing, allowing them to recover refunds and benefits they may have missed for up to nine prior years, giving them access to badly-needed funds.

Last year (2021), we helped our clients file 567 tax returns. This year, the Canada Revenue Agency provided a small grant to assist us with the costs of paper, toner, and postage used in 2021. We have applied for a similar grant for 2023.



BUILDING COMMUNITY FOUNDATIONS FOR SELF-RELIANCE

LIFE*SPIN—Children’s Programs

Pocket Sized Farms ~ Ploughshares Project

This summer experience is for children who may already face challenges at school, by keeping them connected to a learning environment year-round. LIFE*SPIN made adjustments to the summer program for the second year of Covid restrictions. We continued to support low-income families with children, by providing home-based start-up food garden kits. Since 1994, LIFE*SPIN has been offering a free day-camp program, Pocket-Sized Farms, to teach young children about environmental protection, organic food production, literacy, and building community. With the onset of Covid-19, we reached out to our community to find ways to continue providing education and support to the children in our community over the summer.

The program usually supports 15-20 families, but with the adjustment to remote learning, we were able to provide 76 gardening kits and craft/learning kits to 152 children. Each garden kit included sheep manure/compost, topsoil, vegetable seeds, and instructions on how to get started growing food at home. Volunteers provided no-contact drop off to their homes. Each child registered also received a craft kit and activities package. Nicole, Rasika and Eunice hosted daily activities in an on-line classroom, where the children watched instruction videos, learned practical tips on how to grow these vegetables, harvest, and cook them. They also could ask leaders questions, share recipes, and share pictures from their gardens. We hosted virtual outings throughout the summer and ended with our Back-to-School program. Nicole is back to provide leadership to the program for 2022.



Back—Pack Program

The students registered in the summer program were able to sign up for a new back-pack, filled with school supplies and handmade masks. The Free Store Volunteers also put together a new outfit for the children to return to school in September. This is a luxury in which many children in low-income families can participate.

LIFE*SPIN FREE STORE

Our Free Store embodies the environmental ethos of ‘reduce, reuse, and recycle’ and provides a welcoming space where shoppers and volunteers connect and share more than used clothing and household items. It is where we truly find out what is going on in the daily lives and struggles of the disenfranchised, and celebrate the life changes and events that shape their day-to-day lives. Births, christenings, baptisms, birthdays, weddings and funerals – who needs clothes to apply for or start a new job – who needs dishes and pots because they are moving (or needs assistance to stay an eviction). This space is coordinated and managed by volunteers. In 2021, the Free Store served 1,862 shoppers in 752 families.



Throughout 2021, the LIFE*SPIN Free Store was closed to the public, due to the Covid-19 province-wide lockdown. Due to the fluctuating periods of lockdown, we implemented an on-line system for customers to place orders, with volunteers filling the orders for curbside pick-up.

While the LIFE*SPIN Free Store was not open to the public, we invited our program participants to shop with us remotely. They were able to select the gender and sizes on the order form, and we put together a box containing new and gently used items for them to pick up, by appointment.

Due to the high-risk health of the folks we serve, we are re-opening the store to the public gradually and with caution. The Covid-Safety Plan includes rapid testing of volunteers, which will be continued throughout the re-opening phases.

Odie ~ Manager

Dan ~ Assistant Manager

Greeter ~ Mano

Watch our welcome back video at:

https://youtu.be/rV2IPA3W_0l

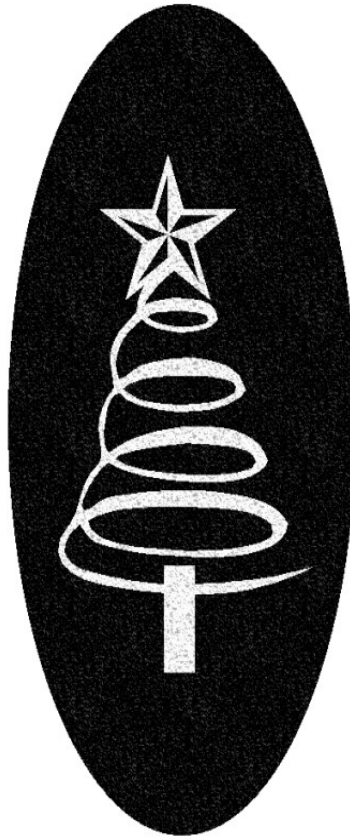
LIFE*SPIN Christmas Program



Christmas is a particularly difficult time for many struggling to raise children in poverty, and this was exacerbated by the Covid-19 pandemic. The combined effects of cuts to social programs, reduced eligibility for EI, increasing job loss, and the rising costs of housing and utilities, means there is little money to provide Christmas celebrations for children in many London families.

In 2021, thanks to your support, we were able to bring the joy of the season to 4,228 children in more than 1,100 families. Last year, we had a hybrid program that enabled some sponsors to shop from their family's wish list, while others were provided donations of food boxes/food cards, as well as toys from the Christmas Lights & Sirens toy-drive event and various businesses that collected age-appropriate toys.

This program is critical for the young children who are impacted by the loss of income that leaves their parents struggling to provide even the most basic needs of shelter and food. We made it through these difficult times and we all look forward to the full return to our standard program in 2022.



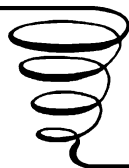
Publications

In addition to the comprehensive on-line newsletters that we email to all our families, LIFE*SPIN now has four Public Legal Education resources available to download on our website, which we published to assist our clients to access important information. We are extremely grateful to Myrna Prochuk for working on all of these publications. Our added thanks to editor Pat Fyfe and to the esteemed Professor Daniel McNamara, who worked with our student teams from Pro Bono Law Students Canada, throughout two terms, spanning 2020-2022. We are hoping to begin research for a new publication this September.

<https://www.lifespın.org/s/LIFE-SPIN-Assistive-Devices-Handbook-for-on-line-publication.pdf>

<https://www.lifespın.org/s/LIFESPIN-WILL-AND-POWER-OF-ATTORNEY-FUNDAMENTALS.pdf>

We also published three other helpful guides for our families; A Co-op Housing Kit, New Parent Resources, and Walking Trails in London, which we will utilize for our Pocket-Sized Farms outings this summer. Again, Myrna Prochuk provided mentorship and leadership in the process of bringing all the research together into practical publications that are deeply appreciated by our clients.



Report of the Nominations Committee

Our Board of Directors must have a minimum of 60% low-income representation. We can have from three to twelve Board members, as long as we maintain this balance. Any nomination from the floor will need to retain this balance or will need to be balanced by an election of the required number of directors. Nominees must read, and agree to, the Conflict of Interest Policy. The Board Slate presented below meets the requirements of our Bylaw.

We have a slate being proposed by the Nominating Committee, following a process by which members put forward names of nominees, who then submitted their biographical information, including confirmation that they do not have a Conflict of Interest that would prevent them from participating fully on the Board.

The following 4 current members of the Board of Directors have completed one year of their two-year term, and have indicated that they wish to continue on the Board.

PATRICIA FYFE
BRAD HESLOP
RICHARD NANCARROW
ROSE MARY WHITE

We present to you the following nominees for the vacant positions on the Board.

Four current Board members, whose two-year terms are expiring

MEAGEN CIUFO
FRANCES MOORE
MARIE RIOUX
LAURA ROSEN

Our former Treasurer, DAVID MURPHY, has offered to continue as an “*ex officio*” Board member. The Board will be saying farewell to DREW GARDINER, who has dedicated numerous years of insightful energy to the organization, and who will continue to serve on our Policy Committee.

Two new nominees have agreed to join the Board this year.

SAHAR EL-KOTOB is a member currently serving on the Housing Development Committee

PAOLA BLASCHKE is a former member of 11 years, who has agreed to return to the Board to share her expertise.

Food Security ~ Community Food Box Program

This program was initiated by LIFE*SPIN, in partnership with On the Move Organics (OTMO), to help people gain access to food during COVID-19. By working together, we supported fixed-income families, seniors, and expecting mothers, who are at-risk, through providing direct access to food, delivered right to their doors. This program also helps support the local economy, by supporting the livelihood of local businesses, so that our community can recover together.

When the COVID-19 pandemic began, one of our first concerns was about food supply, and access for the community - especially for those who already experience barriers. We know how crises can impact the availability and cost of food, not to mention compounding pre-existing barriers to food access. So, we put our heads together with On The Move Organics, and envisioned The Community Food Box Project - a model to deliver boxes of fresh healthy produce to families who need it.

In the first year of the project (March 2020-March 2021), our partnership delivered a total of 1345 Community Food Project Boxes, to provide enough fresh produce for 21,520 meals for Londoners. While this started out as a temporary program to help combat pandemic-related food insecurity, as of April 1, 2021 we decided to run this as an ongoing project, funded through donations to LIFE*SPIN and the **On The Move Organics 1% For The Community** donations from their regular customers, who are provided an acknowledgement card with a photo of the box they supported.

This program also helps us to identify where extra supports are needed. Our nursing team has done wellness checks with both seniors and expectant mothers, and delivered additional supports to those needing it most. There are still many families with limited mobility and limited financial means who need this support.



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

*LIFE*SPIN staff and Board of Directors gratefully acknowledge these generous and heartfelt gifts.*

- | | |
|---------------------|--------------------------|
| Abigail Ruhland | Drew Gardiner |
| Aira Guerro | Edna Hamilton |
| Alexa Amar | Eunice Adu-tutu |
| Alexander Judge | Frances Moore |
| Alice Hwang | Gerda Korthof |
| Alison White | Graeme Taylor |
| Amanda Thompson | Hilary Doyle |
| Amanda Wilcox | Hillary Perron |
| Amy Creighton-Power | Ionna Hopper |
| Andrew Thompson | Ivan Denomme |
| Angela Knezevic | Jacquie Thompson |
| Anne Onyango | Jamie & Erin @ Scope Gap |
| Aram Abu-Jazar | Jenan El-Shalabi |
| Arthur Tyndall | Jennifer Doede |
| Ashley Stevens | Jennifer Surerus |
| Bob Earhart | Jesse Malek |
| Bob Maginnis | Jodi Potter |
| Brad Hesslop | Joie Pasher |
| Bruce MacDonald | Joshua Whitelaw-Rudolph |
| Chelsea Lynch | Kaitlyn Schatteman |
| Cindy Thomas | Karen Jenkins |
| Dan Leaver | Karen Maginnis |
| Daniel McNamara | Karen McLaughlin |
| Dave Jansen | Kate Lawless |
| David Murphy | Kathy Eddington |
| Deborah Ratz | Klaire Gain |
| Dellie Calander | Kristen Tomen |
| Donna Creighton | Kristi Rockley |

- Kyle Mackie
Leia Beland
Len Roozen
Lewis Seale
Lida Lashkari
Linda Dittrich
Lisa Dale
Lorna Bruce
Lucas Gonsalves-Kleinert
Lynn Buschemeyer
Madison Tiesma
Mariam Niazi
Marie Rioux
Marisa Thorburn
Marissa Codispodi
Matt Hendry
Maureen Caissie
Meghan Mcallister
Mera Atalla
Mr. & Mrs Hopper
Myrna Pronchuk
Nabila Gangat
Narcise Datura
Navneet Kaur Mavi
Neha Gulati
Nicole Davis
Nicole Spriet
Odilia (Odie) MacDonald

- Patricia Fyfe
Phil Nguyen
Rachna Sharma
Rand Toma
Rasika Mohamed
Rebekah Timm
Rev. Catherine Tovel
Richard Nancarrow
River Christie-White
Robert Duff
Rose White
Ryan Innes
Ryley Hawkes
Sahar El-Kotob
Samantha James
Samantha Krol
Sandy Mikalachki
Sara Mills
Scott Fisher
Shawna Lewkowitz
Sierra Cipriano
Sydney Hasson
Sydney LaPierre
Tanya Sori
Taylor Wilson
Terry Hughes
Theo Korthof
Tiffany Farrugia
Vivien Adler



*LIFE*SPIN ~ Building Community Foundations For Self-Reliance*



Stewards Committee

“and there was light” ~ the Free Store basement is now fully illuminated, so our volunteers can more easily find the items needed to re-stock the shelves upstairs.

An update on our solar panels ~they continue to turn nature's gifts into core funding. The benefits to the environment are astounding. LIFE*SPIN installed solar panels in February of 2014. They have since generated significant environmental results: as of June 22 2022 the 76.88 MWh are equivalent to 908.4 trees planted=60.2 K of coal burned=equivalent to 220,319.194 km driven.

The façade of the building was restored in 2021. Jamie at Scope Gap Contractors Inc. replaced wood and resealed around the windows. Bruce and Kyle, who are always willing to lend a hand when we need help, sanded and repainted the Free Store doors. One of our summer youth helpers painted the new wood and refreshed the paint on the other exterior doors. Joan Brennan provided tomato plants for our children's garden in 2021 and is back with fruit trees for this summer's program. We are grateful for Thomas' return to Old East Common for another summer.

Rose White & Richard Nancarrow, Co-Chairs



HOUSING DEVELOPMENT COMMITTEE REPORT

Last year, we announced the launch of our Housing Development Committee and our mission to develop a new housing project following our existing model for permanent affordability for sole support families. We know that affordable and sustainable housing is a huge challenge here in London, and there are currently thousands of families on the waiting list for affordable housing units, with wait times dragging on for years.

Over the past year the Housing Development Committee has explored a number of options for developing our vision and has sadly been priced out of various bids, and subject to the many hurdles experienced by those trying to develop affordable housing in London. However, following continued visioning we also realized that LIFE*SPIN is very fortunate to have something that many others in the same position do not: a fantastic existing spot! This year, the Housing Development Committee, in collaboration with Spriet Associates, will be exploring ways that the existing LIFE*SPIN location can be better utilized to support and house even more families. Our vision includes ground level, accessible units for seniors, two and three bedroom family units, underground parking to make way for a beautiful courtyard, and heritage details to match the existing facade such as red brick and large windows.

This is done with great thanks to a very generous legacy gift left on behalf of our long time supporter Jean Herman to establish the Housing Investment Fund. Please consider a donation towards this vision of building the affordable housing we need in our community. **When people have a safe, affordable place to live, they have a place to thrive.** You can support this project as well by making a contribution at: <https://www.canadahelps.org/en/charities/lifespin/campaign/housing-investment-fund>

Marie Rioux, Chair



- | | | | | | |
|------------------------|--|------------------------------|----------------------------|----------------------------|--------------------------|
| A.E Gustin | Auneesh Jain | Chelsea Cull | Donald Millar | Genet Hodder | Jaymes Brophy |
| Adam Cleland | Barbara Baskerville | Cheryl McDonald | Donald Milligan | Geoff Vogt | Jean Knight |
| Adam Stanish | Barbara & John Kightley | Chiclo & Jenn Martin | Donna Clark | Gord & Vicki Drimmie | Jeanie Zavitz |
| Agnes Rowe | Barbara Hale | Christie Harris | Donna Legault | Grace Coutinho | Jeff Crossett |
| Aija Dreimanis | Barry Scott | Christina Kicks | Donna Peach | Grant Inglis | Jeff Kadlecik |
| Alex Shipley | Becky Corporation | Christine Noels | Doug & Sue Atkinson | Grant McNaughton | Jeff Markle |
| Alex Achillini | Bernadette Orton | Christine Elliott | Doug Perkins | Greg Dinsdale | Jeffery & Louise Carroll |
| Alexis Layton | Bernice Brydie | Christine Glavin | Doug Roswell | Hailey Hodgins | Jeffrey & Dawn Snell |
| Alexis Ullerick | Bernie Koenig | Christine Knight-Smith | Doug Thompson | Hamilton Road Legal Centre | Jeffrey Douglas |
| Alicia Bilotta | Beth Nelligan | Christine Rappos | Douglas Berk | Hani Moussa | Jen Hale |
| Alishya Burrell | Beth Sanderson | Christopher Nobes | Douglas Parsons | Harasym Homes Inc. | Jen Podonis |
| Alison Begley | Betty Huygen | Ciaran Bodak | Dr. Jo-Anne Hammond | Hayden Bulbrook | Jenna Moore |
| Alison Greenhill | Bev Mills | Cindy Thomas | Dr. Stanley & Linda Dunn | Hayden Woodley | Jennie Pioevas |
| Alison Munro | Beverly Mills | City Hall Charity Chest Fund | Drew Forret | HD Painting | Jennifer Dixon |
| Alizabeth Vouvalidis | Binru Zhao | Cody Somers | Dusan Novak | Heather Graham | Jennifer Ferreira |
| Allan Gdanski | Blair Trewartha | Cole McDonald | Early Riser Cafe | Heather Roch | Jennifer Hughes |
| Allison Binnie | Bob & Maria Blommers | Connie Iro | Eavan Travers | Heather Ross | Jennifer Jeffrey |
| Allison Chesney | Bob Jackson | Connie Venturin | Eco Vapour Canada | Heather Strukett | Jennifer Jones |
| Allison Coghlin | Boombbox Bake Shop | Connor Durkin | Eileen Fenerty | Helen and John Swan | Jennifer Komorowski |
| Allison Miller | Brad Hiebert | Courtney Moore | Eileen Howay | Helen Cagiannos | Jennifer Krische |
| Amalie Letkeman | Braden Labonte | Courtney Roofing | Elaine Wastell | Helen Riordon | Jennifer La Joie |
| Amanda Gallant-Turner | Brandon Eedy | Craig Chaddock | Elizabeth (Libby) McMillan | Helene Pierard | Jennifer Thompson |
| Amanda Graham | Brenda Barr | Cristen Watt | Elizabeth Eleferos | Helix Courier | Jennifer Trinder |
| Amanda Humphrey | Brenda Savel | Cristin Bowie | Elizabeth Hicks | Hesather & Paul Gunness | Jenny Madamba |
| Amanda Seabrook | Brett Mckenzie | Dakota Daley | Elizabeth MacWilliam | Hive Surrogacy | Jeremy Denomme |
| Amanda Thorpe | Brian Lawson | Dale Elviss | Elizabeth Malott | Hugh Geurts | Jeremy Lalonde |
| Amit Pal Kaur | Brianne Kernohan | Dan Cromp | Ellen Diorio | Ian & Dianne McIntosh | Jessica Craig |
| Anderson Craft Ales | Brittany Power | Dan McDonald | Ellen Hastie | Ian Davies | Jessica McPherson |
| Andrea Allen | Bronagh Morgan | Daniel Vieira | Ellen Robson | Igino D'Ippolito | Jill Fang |
| Andrea DeKay | Brooke Pope | Danielle Urquhart | Emille Williams | Ioanna Hopper | Jim Miller |
| Andrea Henderson | Bryan Dick | Darlene Wheatley | Emily Assini | Irene Nicholls | Jim Benedek |
| Andrea Pamula | Cadillac Fairview Corporation Ltd | Darrin Rykse | Emily Bisnaire | Ivy Fernandes | Jim Foster |
| Andy & Barb Stevens | Campus Pharmacy | Darryl Howlett | Emily McWilliams | Iwona & David Reed | Jim Reid |
| Angela Gilker | Canada Life | Dave Reid | Emmilia Kuisma | Jacqueline Allan | Jimmy Tang-Tran |
| Angelo Dascano | Canadian IPG | David Brent | Erin Wheeler Ford | Jacqueline Thompson | Joanne Assini |
| Anisur Rahman | Candace Taylor | David Brown | Erin & Jeff Guilfloid | James Sutherland | Joanne Ouellette |
| Ann Jarvie | Capitano Family | David Heron | Erin Azzopardi | Jamie & Susan Terpstra | Joanne Starr |
| Ann Jolliffe | Carine Schofield | David Swift | Erin Hill | Jane Bremner | Jody Cuyll |
| Anna Carroll | Carl Belke | Debbie Pangborn | Erin Naylor | Jane Evans | Jody Faubert |
| Anne Cassino | Carlos Henriquez | Deborah Bisnaire | Erin O'Neill | Jane Moffat | Jody Glover |
| Anne MacDougall | Carol Robertson | Denzil Palmer | Erin Whittaker | Janet Hart | Jody Wickham-Foxwell |
| Anne Marie Madziak | Carolyn Charters | Devon Posthumus | Euclid Benoit | Janet Izumi | Joe Goncalves |
| Anne Murphy | Carolyn Corcoran | Diana Jordan | Evan Martin | Janet Off | Joel Adams |
| Anne Reilly | Carri Hand | Diana Otteson | Finch Auto Group | Janice Challis | Johanna Carlson |
| Anneliese Bode | Carrie Field | Diana Taylor | Foxy Roxy @ Maymos | Janice Marchant | John Howitt |
| April Girard-Brown | Catherine Shaw | Diana Van Deuren | Frances Menard | Jasmina Badnjevic | John Langford |
| Aqualuxe Bath Showroom | Catherine Traill | Diane Huggins | Frances Whiston | Jasmine Kerslake | John & Brenda Vouvalidis |
| Arlene Berday | Catholic Womens League St. John Divine | Diane Lindsay | Francine Durham | Jasmine Kerslake | John and Ann Moore |
| Arthur Ingrey | Cathy Blokker | Dianne McComb | Gail Wendt | Jason Bartolussi | John Balcarras |
| | Charlie Giurleo | Don & Linda Lively | Gaye Whaley | Jay Stanford | John Goudy |

LIFE SPIN

BUILDING COMMUNITY FOUNDATIONS FOR SELF-RELIANCE



Johansen Larsen Foundation



Government of Canada

Gouvernement du Canada



John McGarry	Kristen Fournie	Lynne McKechnie	Michael Hanson	Paula Downs	Ross & Stephanie Beatty	Stacey Spasic
John Stapleton	Kristen Woodhouse	Mallory Jutzi	Michael Harris	Paula Verbrugge	Roxanne Zammit	Stef Smith
John Tyrrell	Kristie Sargent-Kerr	Manuel Zelaya	Michele Heisler	Pawel Kucharski	Roy Jollymeore	Stephanie Ross
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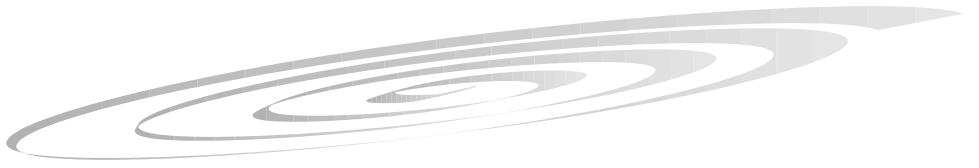


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