



Covid-19 Special Programs

Donor Appreciation

Housing Development Initiative

Fond Farewells

Building Community Foundations for Self-Reliance

Spin
CYCLE
Volume XXXI. Number I. 2021



Greetings from the Board of Directors of LIFE*SPIN

What a challenging time 2020 and 2021 has been. I'm not 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. As many of you know, LIFE*SPIN is a small but mighty organization run by a handful of incredibly dedicated staff, passionate volunteers and generous supporters; however, this past year has really shown how incredible this team truly is. We had to constantly shift and pivot with changing landscape and protocols relating to COVID19.

With the safety of our staff, volunteers and community we serve being our main priority, this meant programming, like our Free Store, moved to a pre-order and curbside pick up model. The Community Advocate and Tax Clinics pivoted to remote and online support. Our Pocket Sized Farm became the Ploughshare Project, which supported 235 children in 88 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 1,878 food boxes over 12 months and counting. In addition to this new program we advocated for the community we serve on several levels, including London Community Advocates Network, the Community Legal Education Ontario's (CLEO) Income Assistance Content Committee, and the Mayor's Covid-19 Task Force.

We would like 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 very 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. We also wish to acknowledge, with sadness, the passing of our long time supporter, Jean Herman. Our Housing Development Fund was established thanks to the donation she bequeathed to our work.

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 unloading transport trucks and delivering food boxes, baby hampers, and Christmas gifts.

To our team, Myrna, Leia, Deb, Len, Odie & Bruce we want to thank you for your powerful dedication and advocacy.

We, of course, also offer our profound appreciation and gratitude to our incredible Executive Director, Jacquie 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




THE KEN PALMER BURSARY 2021

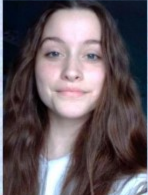
The Forest City London Music Awards is committed to encouraging young musicians graduating high school to pursue a post-secondary education in music. The Bursary is given in the name of the late Ken Palmer who was an integral part of the London music scene for more than 40 years as a performer with the Dixie Flyers, the Artistic Director of the Home County Folk Festival and as a music teacher. A \$1000 bursary is made available to one student in both The Thames Valley District School Board and The London District Catholic School Board, who is pursuing music in their post secondary career. The FCLMA hopes that this bursary will help young musicians achieve their goals.

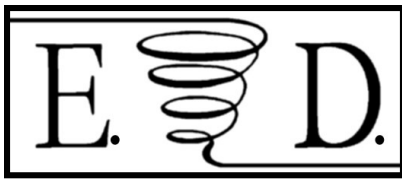


ANGELA METRON is a grade 12 student at Catholic Central High School. She will be pursuing a music degree. Angela has been accepted by a number of universities and had yet to decide which school she will attend



KATE MCLEOD is a Grade 12 student at Woodstock Collegiate Institute and will be attending Western University in the fall. She has played the alto saxophone since the age of 12, and picked up the baritone saxophone at 14. She has always had an interest in jazz, and in grade 11 she had the opportunity to be in the TVDSB Honour Jazz Band on the baritone sax. At the age of 16, she decided to learn the double bass in school and became very fond of it. Kate is planning to pursue a music degree and is excited to grow in both classical and jazz on the saxophone.





As we all know, the Covid-19 Pandemic changed our world and our daily lives. This time last year, all levels of our government were working together to deliver support to families whose jobs and businesses were struggling. The isolation and uncertainty are now having an increased effect on mental health, and is highlighting and exacerbating the inequality in our community. We are grateful for the support you continue to provide that enables us to support those living on low incomes, as well as those who have had to ask for help for the first time.

LIFE*SPIN took on new leadership challenges, new programs, and adjusted our services, as health directives and community needs shifted, seemingly overnight. During 2020, we served more than 8,500 families, meeting needs as they arose, often before policies started to see the needs, if they did at all. With your support, we have been a life-line to those living in the margins, and a touchstone to those in isolation. We went from being a centre where vulnerable people spent time together, sharing meals, caring for children and serving our seniors to providing all services through on-line access and no-contact deliveries to their homes.

We continue to provide supportive housing to individuals and families requiring community support to live independently. All our tenants were provided rent forgiveness for April, as they faced the uncertainty of the pandemic impact on their daily lives. The no-contact delivery of programs helped to shed light on the hidden poverty in our community, and the critical need for safe and affordable housing for at-risk families. Our Board has established a Housing Development Committee with the task of creating more housing for families. Our revised website at www.lifespın.org lays out our vision, and invites people to get involved.



King Louie
April 4, 2004 ~ January 22, 2021
Your paw prints are forever in our hearts
https://youtu.be/werYLY2_fzw

LIFE*SPIN Board Members, staff and volunteers worked together to make us a force of resiliency. We moved quickly to ensure the safety of our team, and found new ways to work together for systemic change. A special shout out to our staffing team, those who stepped back to keep the office closed, our summer team, our student teams and those that persevered within the isolation of working from home. Bruce, Deb, Kyle, Leia, Len, Myrna and Odie, thank you for keeping up our core programs throughout the pandemic. I am not alone in hoping that our full team can be back in person by the fall.

At a time of fear and uncertainty, your support has helped provide tangible supports and a sense of community care for so many. You are a vital part of the community we build here. Thank you for your support; there is no way that we could have accomplished so much without supporters, champions, and donors who profoundly believe in our mission. We deeply appreciate your support and encouragement.

In gratitude

Jacqueline Thompson, Executive Director



Office of the Community Advocate

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

The Office of the Community Advocate has navigated another year of Covid -19 related changes, and as we begin to emerge from this challenging time, we are proud to have transitioned into an on-line model which has allowed us to serve our clients and connect with the community.

In our work this year, we focused on what we could do, as opposed to what we could not. Collaboration with our community came in the form of zoom meetings, scheduled no-contact deliveries, and a significant increase in community outreach programs. For example, the Community Food Box Project, through which LIFE*SPIN distributed hand-sanitizer, masks, Covid-19 resource booklets, and information on resources still available in London. We also were able to identify seniors living alone, and our nursing team did wellness checks with 25 of our most age-vulnerable seniors. The nursing students also delivered 50 Welcome Baby hampers to pregnant moms identified through the food program.

This year we were, thankfully, still able to connect with our long-term supporters, like the crochet club of London-who, despite the lockdown, overwhelmed us with nearly 100 lap blankets for seniors and baby blankets, which were packed in with our baby hampers.

In 2020, before we went into lockdown, we were able to serve 110 clients with educational workshops. And, in 2021, we have had the opportunity to begin hosting online advocacy workshops on a variety of topics like RDSP's,

how to access low-cost internet, and benefit eligibility for low-income families. These workshops have been well attended by clients and other social service providers. We hope to continue these workshops, and expand our agenda of education workshops, based on the highest needs of the clients.

In 2020, we were able to advocated for 507 individuals, including 114 individuals who needed assistance to complete applications for Canada Pension Plan, and the Ontario Disability Support Program, as well as assisting individuals with housing issues, and applications for subsidized housing. Our Income Tax team also filed hundreds of tax returns. The winnings for our clients in 2020 was \$4,756,867. We resolved and closed the majority of files, with only 39 remaining open at year-end.

In my first full year in the role of Community Advocate I often thought about Patricia Runciman and marvelled in awe at the way she kept it all together. I realize that she was buoyed by the clients and the people that she worked alongside, as they are often my strength and motivation, especially during these times. I would like to thank the members of the Board for their extensive and incredible work, their dedication to justice and their support.

Leia Beland—Community Advocate

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 Amanda, Debbie, Eliesha and Gerda, 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 (2020), we helped our clients file 545 tax returns. While this is about half of the usual number of returns, it was the result of the government being slow to revise the Community Volunteer Income Tax Program.



*LIFE*SPIN—Children's Programs*

Pocket Sized Farms ~ Ploughshares Project

LIFE*SPIN is adjusting the summer program for the second year of Covid restrictions. We will continue 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 this summer.

Each ploughshare kit includes sheep manure/compost, topsoil, vegetable seeds, and instructions on how to get started growing food at home. Volunteers provide no-contact drop off to their homes. We will also provide instructions and a trowel for growing in containers, for the little ones living in apartment buildings. A donation of heritage tomato seedlings is planted in Old East Common, ready for transplanting to their homes.

Each child who is registered will also receive a craft kit and activities package. We will have a daily activities on-line classroom where they can watch instruction videos, learn practical tips on how to grow these vegetables, harvest, and cook them. They can also ask leaders questions, share recipes, and share pictures from their gardens. We will have virtual outings, and hope to be able to have a summer's end celebration together, should it prove safe at the end of August.

This is an opportunity for us to increase residential food gardens and to come together as a community. The program is for children aged 4-12 years old.



Back—Pack Program

The students registered in the Ploughshares Project were able to sign up for a new back-pack filled with school supplies and handmade masks. Nurse Karen did a zoom tutorial for the children on how to safely put on and remove their masks. We love her helper.

BUILDING COMMUNITY FOUNDATIONS FOR SELF-RELIANCE

*LIFE*SPIN FREE STORE*

Once again, the province is slowly beginning to lift the COVID-19 restrictions. Our clients are really looking forward to resuming work, school, worship, and visiting with friends and family. With two transport truck-loads of donations of new clothing, last summer, we began on-line shopping with curbside pick-up. We have been providing shoppers with an outfit or two to face the world as we now know it.

The LIFE*SPIN Free Store is closed to the public, due to the Covid-19 province-wide lockdown. Due to the fluctuating periods of lockdown, we are now filling the orders for curbside pick-up that were cancelled during the shut-down. We will begin accepting new orders on June 28th for families we have not been able to assist this year.



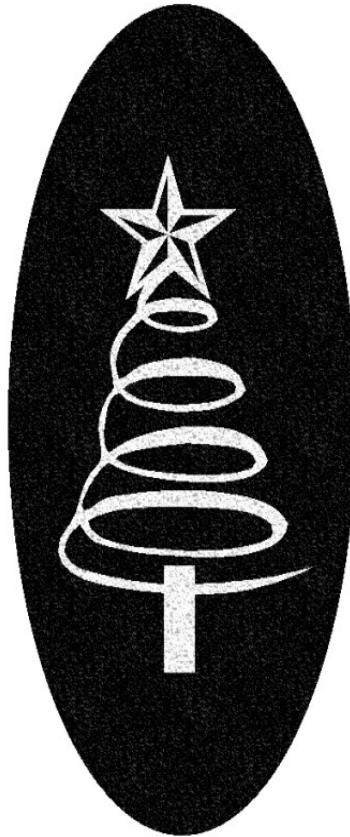
While the LIFE*SPIN Free Store is currently not open to the public, we invite our program participants to shop with us remotely. They can select the gender and sizes on the order form, and we put together a box containing new and gently used items for them to pick up, by appointment. We have a selection of sizes, and do our best to match the requests to donations available.

Listen to a few words from Odie, our Free Store Manager at <https://youtu.be/3sOmjVD82bY>

*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. Thanks to generous donations and community support, we were able to sponsor more than 1,200 low income families, for Christmas. Our regular team of 20+ volunteers shifted, as families registered on-line and all donated toys were received through the **Christmas Lights & Sirens** event, hosted by London's Emergency Services. For two weeks, the most amazing team delivered 100 Christmas parcels every day and another 200 boxes of fresh food were sent out to at-risk families. Numerous local businesses set up fundraising events on-line and Toys R Us and Make-A-Wish Foundation helped us maximize donations to purchase more gift cards than you could imagine. We are so grateful for all the encouragement and support we receive. We are particularly grateful to you for your amazing fundraising to support families at Christmas.



Seniors Christmas Social Tea

For the past ten years, LIFE*SPIN volunteers have hosted a Christmas social for our older clients, who are isolated during the holiday season. This year, our nursing team completed a 'wellness check' with those who would normally be invited to join us. They then assembled Christmas gift bags that included hand-crafted lap blankets, made by the Crochet Club of London. The gift bags also included items that the seniors requested during the wellness check. When we all missed the ceremony of hosting a formal Christmas Team, the music and laughter, we are happy that we still had the capacity to reach out and deliver a little Christmas cheer to those who were isolated and alone.

Fundraising Committee

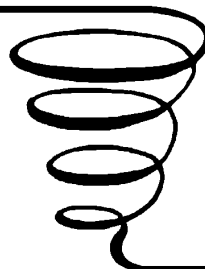
The LIFE*SPIN fundraising team is a small group of dedicated volunteers who work together on a variety of projects to raise additional funds for such activities as school backpacks, summertime garden kits and, in particular, Christmas sponsorship. We feel strongly that we can help make a difference and enhance children's lives.

We all know that 2020 was a year like no other. This past year has proven to be a tremendous challenge, due to the pandemic, but we continue to try new ideas. Though we couldn't hold our annual Harvest Dinner, as we had done for years before, we found creative ways to support the Christmas Sponsorship Program, such as our Bad Pet Portraits campaign.

In 2020, we received a *record* number of donations and new donors. We could never have done it without the generosity of our community, who stepped up in a remarkable way during a time of great need. We would like to say a special thanks to Randy Evans and the London Emergency Services for their work on a seamless drive through the Lights and Sirens event, Carly Fox for her incredible generosity, and to the many London families and businesses who offered us their kindness and generosity over the past year.

We are always looking for new members to this committee, so if you have any interest, please contact the office!

Kathy Eddington & Marie Rioux, Co-Chairs



Report of the Nominations Committee

Our Board of Directors must have a minimum of 60% low-income representation. We can have 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 5 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.

MEAGEN CIUFO
DREW GARDINER
FRANCES MOORE
MARIE RIOUX
LAURA ROSEN

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

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

PATRICIA FYFE
DAVID MURPHY
RICHARD NANCARROW
ROSE MARY WHITE

One new nominee, who is a member that has served on the Fundraising Committee over the past year.

BRAD HESLOP

We will be saying farewell to LARRY MCKENZIE, who has served as a member of our Housing Development Committee, and to KATHY EDDINGTON, who has dedicated numerous years of delightful energy to the organization and as the Co-Chair of the Fundraising Committee.

Full biographies: <https://www.lifespın.org/board-of-directors>

Food Security ~ Community Food Box Program

When the COVID-19 pandemic began, one of our first concerns was 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.

From March 2020 to March 2021, our partnership delivered a total of 1345 Community Food Project Boxes, and provided enough fresh produce for 21,520 meals for Londoners. While this started out as a temporary program to help combat pandemic-related food insecurity, there are still many families with limited mobility and limited financial means who need this support.

Unfortunately, there is no more funding for the program, and it relies totally on donations. Thus, the order form is only open when donations are available. The May/June orders are filled, and the form will open again on June 28th to match families with donated boxes for July & August

In addition, Welcome Baby Hampers were assembled and delivered to 50 expectant mothers, identified through the Community Food Box Program. These included print resources from the Middlesex London Health Unit, diapers, receiving blankets, washcloths, new clothing, and hand crocheted baby bonnets.

LIFE*SPIN and On The Move Organics were nominated for a Community Collaboration Award for the change we created together. You can view the story here:

https://youtu.be/u40puFvFU_4





*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.*

Alexander Judge	Gladis Orozco Bravo
Alexandria Hasketh Pavilon	Hanna Barltrop
Alice Hwang	Heather Kane
Alison Frances White	Home Depot East
Amanda Thompson	Isabelle Naumavski
Amanda Wilcox	Jacqueline Nathaniel
Andrea StrathIdee	Jacquie Thompson
Andrew Thompson	Jamie Hartley
Annie Joseph	Jason Thorne
Antonio Zuniga Cuentas	Jenna Coulton
Anupriadi Sultania	Jesse Helmer
Aram Abu-Jazar	Jessica Kelly
Arthur Tyndall	Jonathan Courey
Ashania Abdollahi	Josh Ruolph
Ashley Nicole Stevens	Juhee Jeong
Bob Earhart	Karen Jenkins
Bob Maginnis	Karen Maginnis
Bruce MacDonald	Karen McLaughlin
Cantelon Wise	Kathryn Callahan
Chris Stroud	Kathy Eddington
Cindy Thomas	Kim Spriet
Conor McGarvey	Kristen Tomen
David Murphy	Kyle Leung
Deborah Ratz	Kyle Mackie
Dellie Calander	Larry McKenzie
Diane Halpin	Laura Rosen
Donna Creighton	Leia Beland
Drew Gardiner	Len Roozen
Edna Hamilton	Lewis Seale
Eliesha Hammond	Lianne St. Thomas
Elora Sinnot	Lida Lashkari
Erin Hartley	Linda Dittrich
Ethan Hurrion	Linda Torek
Farah Motea	Louise Mullins
Frances Moore	Lucas Agonsalves-Kleinhert
George Kalantzis	Lynn Ann Buschemeyer
Gerda Korthof	Madeline Braney

Jessica Kelly	Oscar Hernandez
Jonathan Courey	Patricia Fyfe
Josh Ruolph	Patricia Runciman
Juhee Jeong	Peter Fragiskotas
Karen Jenkins	Rachel Thorburn
Karen Maginnis	Rachna Sharma
Karen McLaughlin	Rasika Timm
Kathryn Callahan	Rebekah Ferris
Kathy Eddington	Rebekka Timm
Kim Spriet	Richard Nancarrow
Kristen Tomen	Rick Booker
Kyle Leung	Riley Bradley
Kyle Mackie	River Christie-White
Larry McKenzie	Rob Couto
Laura Rosen	Robert Dawdy
Leia Beland	Robert Duff
Len Roozen	Robynne Kell Smith
Lewis Seale	Rose White
Lianne St. Thomas	Ryan Innes
Lida Lashkari	Ryan Talbot
Linda Dittrich	Samantha Phillips
Linda Torek	Samar Joshi
Louise Mullins	Sandra Abdelmalek
Lucas Agonsalves-Kleinhert	Sandra Alvarez
Lynn Ann Buschemeyer	Sandy Mikalachki
Madeline Braney	Sara Mills
Madison Shelby Lausanne	Sarah Colacitti
Maria Mikaela Bata	Sharon Li
Mariam Niazi	Susan Forde
Marie Rioux	Sydney La Pierre
Marisa Thorburn	Terence Kernaghan
Maryam Al-Witry	Terri Lynn Wilcox
Matt Hendry	Terry Hughes
Maureen Caissie	Thabo Mahono
Melissa Parrott	Theo Korthof
Mera Michel Atalla	Tina Capalbo
Miranda McDonald	Ting Yan
Muhammed Hatib	Valerie McCourt
Myrna Pronchuk	Vivian Tram
Narcise Datura	Weenguish Phillips
Nicole Spriet	William Chapman
Noah Clarke	Yae Ram Kim
Odilia (Odie) MacDonald	

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



Stewards Committee

The highlight of 2020 was the replacement of the Inverter on the solar panels. This means that all the panels are back online, and are turning 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 9, 2021 the 71.68 MWh are equivalent to 1,227 trees planted=53,328 kg of CO2 saved=equivalent to 404 vehicles removed.



Two of our residential units underwent intensive bathroom renovations. We are turning our attention to the heritage façade this summer, as it is in need of maintenance. We are grateful to have Ryan on-site for another summer, and for the donations of time and expertise from Erin & Jamie at Scope Gap Contractors Inc., and Bruce and Kyle, who are always willing to lend a hand when we need help.

Rose White & Richard Nancarrow, Co-Chairs



Housing Development Committee

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 stagnated wages and benefits programs. The Canada Mortgage and Housing Corporation (CMHC) has stated that there is simply no available vacant rental housing that is affordable for Londoners with low to moderate incomes. This means that more and more London families are being pushed out of their housing, with nowhere else to go. Poverty rates for groups such as single-parent families, Indigenous communities, recent immigrants and refugees, and persons with disabilities remain unacceptably high. There are thousands of families on the waiting list for affordable housing units, and wait times can drag on into years and years. When hard-working Londoners can't afford decent housing, we all risk losing essential services, community vitality, and economic energy.

LIFE*SPIN is committed to helping address the critical need for affordable housing in our community. In 2000, LIFE*SPIN purchased and began restoring our current building. Today, the building operates as a model, offering safe, permanent affordable housing to 10 residential and 2 commercial tenants. Remarkably, this was done without any core funding, and solely through the generosity of our community, income from our solar panels, small project grants, and great leadership from our Board and Executive Director.

We are very proud to share that, following the completion of our Strategic Plan for 2020-2025, we have decided to do it again. Our Board of Directors have launched a Housing Development Committee with the mission of developing a new housing project, following our existing model for permanent affordability for sole support families. We are searching for property to build housing that will provide families an opportunity to build a future. Our vision includes space for a cooperative day-care, community gathering, gardens, and commercial space for cooperative businesses to provide employment opportunities for the residents and neighbourhood where we build.

This is launched with great thanks to a very generous legacy gift left on behalf of Jean Herman. However, we can't do it without your support as well. **This Housing Investment Fund will enable us to purchase land and begin the design process.** 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.

Marie Rioux, Chair
LIFE*SPIN Housing Development Committee



2487300 Ontario Inc	Andrew Li	Beth Nelligan	Cheryl Neale - Copps	David Laphorne	Dr. Stanley & Linda Dunn
Adam Dilouya	Andrew Moss	Beth Sanderson	Cheryl Payne	David Lyons	Dr. Stephanie Liabotis
Adam Jarrett	Andrew Talbot	Betsy Odegaard	Chris Thornton	David Murphy & Anne Van Egmond	Dr. Ted Gdanski
Adam Legg	Andrew Thompson	Betty & John Huygen	Christian Buchanan	David Pattison	Drew Forret
Adam Stanish	Andrew Varghese	Betty Ann Carr	Christina Kicks	David Vaclavek - Copps	Drew Pihlainen
ADAM STURGEON	Andry Wasylko	Bev & Bill Sheldon	Christina Lui	Davis Shawn	Duncan Harwood
Agriculture Union Of PSAC, Local 17	Andy & Barb Stevens	Beverly Allen	Christina McIntyre	Dawn Elson	Dusan Novak
Ahmed El-Khatib	Angela Makos	Beverly Mills	Christine Elliott	Dawn Paron	Dustin Delegarde
Albert Boniface	Angela Wells	Beverly Ponton	Christine Hoover	Dawn Wood	Dylan Husty
Albert Seymour	Angnes Rowe	Big Bubble	Christine Koustrup	Dayton Hypes	Dylan Klein
Alex Judge	Anisur Rahman	Blair Trewartha	Christine Mettler	Deana D'Ambrosio	Edna Hamilton
Alex Ward	Anita Shevade	Blake Butler	Christine Rappos	Deanna Baldwin	Edward Baker
Alexandra Gow	Ann Jolliffe	Bonnie Mulcahy	Christine Sprengler	Deanna Friesen	Eileen Fenerty
Alexis Layton	Ann Poppe	Bonnie Sutherland	Christopher Markham	Debbie Pangborn	Eileen Howay
Alicia Rundle	Anna Bowness	Brad Finan	Ciaran Bodak	Debbie Milne	Elaine Westall
Alie Visser -Western Libraries	Anna Carroll	Brandon Schott	Cindy Graeme	Deborah Coward	Elaine Bond
Alison & Joe Fieder	Anne Baverstock	Brenda Bird	Cindy Thomas	Deborah Reitzel-Jaffe	Elaine Moore
Alison Begley	Anne Cassino	Brenda Campeau	Claire Taylor	Debra Nousek	Elaine Zapptelli
Alison Challis	Anne Kupery	Brian & Carmelle Voth	Clark Bryan	Dennis Hunter	Elfriede Schmidt
Alison Fulton	Anne Marie Madziak	Brian Chang	Colborne Street United Church	Denzil Palmer	Elizabeth Greene
Alison Greenhill	Anne Murphy	Brianne Kernohan	Colin Field	Derek and Brenda Shipley	Elizabeth Hicks
Alison Konrad	Anne Reilly	Britta & Dylan Jason	Colleen Mazak	Derek Gardiner	Elizabeth Hodge
Alison Munro	Anne Siess	Brooke Pope	Complete flooring Solutions	Devan Vanden Boomen	Elizabeth MacWilliam
Allison & Dave Martin	Anne Wait	Bryan Gray	Connie Heard	Devin Nadeau	Elizabeth Malloy-Nantais
Allison Binnie	Anneliese Bode	Caitlin Atkinson	Corey Shelson	Dharshi Lacey	Ellen Heatherley
Allison Coghlin	Annie Grindstaff	Calvin Gould-Copps	Corinn Ponton	Diana Jordan	Elliot Worsfold
Allison Miller	Arielle Kayabaga	Camila Galeano Herrera	Cristin Bowie	Diana Otteson	Emad K Henein Medical
Allison White	Arjan Jonuzi	Canada Life	Curtis & Hillary Random Acts of Christmas	Diana Samu-Visser	Emily Angus
Allstate	Arlene Berday	Canada Life/Distribution Team	Curtis Gricken	Diana Tamblin	Emily Arsenault
Amanda Humphrey	Arthur & Edna Ingrey	Carina Jacob	Dale & Perlita Elviss	Diane Halpin	Emily Assini
Amanda Borges	Arvin Sango Canada Inc	Carine Schofield	Dalia Matijevic	Diane Jackson	Emily Jenniskens
Amanda Gallant-Turner	Aryan Paliwal	Carlos Henriquez	Dan and Antonella Plommer	Diane Lindsay	Emily McWilliams
Amanda Graham	Ashleigh Memarzadeh	Caroline Xu	Dan McDonald	Diane MacLeod	Emily Strybosch
Amanda Thompson	Ashley MacLennan	Carolyn Charters	Dana Huber	Diane Pope	Emmilia Kuisma
Amands Thorpe	Ashley McNeight	Carolyn Corcoran	Dana Kuska	Dianne Scott - Copps	Erick Desjardins
Amberley Wakabayashi	Ashley Poblacki	Carolyn May	Daniel Cromp	Dirka Prout	Erin Emmerson
Amberly Arnold	Ashley Winder	Carrie Field	Daniel Smith	Don Astles	Erin Hill
Amy Bell	Aziz Haque	Cassandra Dawson	Danielle Urquhart	Don Kelly	Erin Hoffer
Amy Cardinal	B & B Trade Distribution Centre	Catherine Faulds	Darlene Howard - Copps	Donald Milliar	Erin Naylor
Amy Regan	Barbara & John Kightley	Catherine Nogueira	Darlene Wheatley	Donna Legault	Erin O'Neill
Andrea DeKay	Barbara Burns	Catherine Shaw	Darren Chambers	Doug Bryce	Erin Stewart-Guilfoil
Andrea Henderson	Barbara Hale	Catholic Womens League St. John Divine	Darrin Rykse	Doug Dow - Copps	Erin Whittaker
Andrea Ocampo	Barbara Lewis	Cathy & David Mullett	Darryl Torhjelm	Doug Meades	Evan Martin
Andrea Plumb	Barbara McGill	Cedric Richards	Dave Brown	Doug Perkins	Evelyn & Allan Hayman
Andrea Zagrodny	Barbara Mullins	Celine Zadorsky	Dave Reid	Doug Roswell	Family Law Group
Andree Lamy	Barry Richard Scott	Charlie Giurleo	David & Maggie Medcalf	Doug Thompson	Feroza Haque
Andrew Guzi	Beije Jonuzi	Charlotte & Kyle McQueen	David Brent	Downs Barristers & Solicitors	Fesseha Tesfay
Andrew Hiscox	Benefaction	Charlotte Alexander	David Gibson	Dr Kelly Benn	Finch Auto Group
Andrew Johnson	Bernadette Orton	Cheryl Hartridge	David Heap	Dr. Jo-Ann Hammond	First Baptist Church
	Bernie Brydle	Cheryl Milani	David Heron	Dr. Oleg Tugalev	Flavour Crafters Inc

LIFE SPIN

BUILDING COMMUNITY FOUNDATIONS FOR SELF-RELIANCE



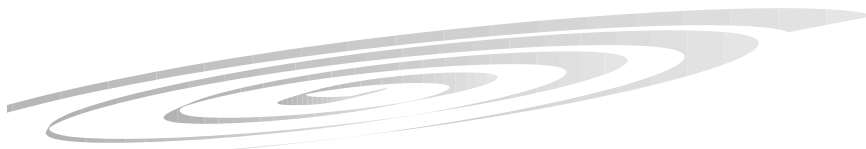
Foxy Roxy	James O'Brien	Jesse Helmer	Justine Lileikis	Kristi Sargeant-Kerr	Lisa Widdifield	Mary Bambury
Frances Menard	James Sutherland	Jessica Burgess	Kara Hannah	Kristie Barrett	Lissa Foster	Mary Brito
Francine Durham	James Yeretsian	Jessica Carswell	Kara Jenner	Krysta-Leigh Johnston	Lois Lozon	Mary Elizabeth Baldwin
Francis Whiston	Jan Challis	Jessica Dawson	Karen Berger	Kyle Sobko	London Community Foundation	Mary Ellen Bird
Gabrielle Minall	Jan Dillabough	Jessica Dowsett	Karen Cullen	Kyle Sym	London Music Club	Mary Ellen Melanson
Gail Schmidt	Jan Griffith	Jessica Le	Karen Cullen	Lambeth Lions Club	London Newcomers Alumnae Club	Mary Hajpel
Gary Johnston	Jane Bremmer	Jessica Lynn	Karen Delaney	Laura Kim	London West Denture Clinic	Mary Harrison
Genet Hodder	Jane Evans	Jessica Pasichnyk	Karen McLaughlin	Laura Munding	Lorna Bruce	Mary Jane Wainright
Geoff Vogt	Jane Hammond	Jessie Collins	Karen Moroz	Laura Platt	Lorrie Powless	Mary Lou Roder
George Morin	Jane Moffat	Jill Fang	Karen Schindler	Laura Powe	Louise Carroll	Mary McNeil
Geraldine O'Leary	Jane Parker	Joan Jollymore	Kari Barnard	Laura Rosen	Louise Tamblyn	Mary-Ellen Lewis
Gord & Vicki Drimmie	Janet Froom	Joanna Arsenaault	Karin Ramsden	Laura Wimperis	Lucy Burns	Matt Wiper
Grace Coutinho	Janet Hart	Joanna Laba	Karrie Burke	Lauren Kopechanski	Lydia Li	Maureen Cullen
Grant Inglis	Janet Izumi	Jo-Anne Bishop	Katherine Sawicki	Lauren Suito	Lyn Ibson	Maureen Sullivan
Greg Dinsdale	Janet Off	Joanne Ouelette	Kathi Wilson	Laurie Hamilton	Lynda Burns	May Court Club Of the London
Greg Quigg	Janet Salter	Joanne Paterson	Kathleen Burns	Lawrence McKenzie	Lynda MacDonald	May McAllister
Gregory Hill	Janet Stewart	Joe DaSilva	Kathleen Mccully	Lawrence Regnier	Lynn Davis	Meagan Stanley
Gustin, A.E.	Janice Marchant	Johanna Maldonado	Kathleen Okruhlik	Leah Boulet	Lynne Hancock	Megan Eddington
H. Anne Robertson	Janice Scott	John & Brenda Vouvalidis	Kathryn Callahan	Leah Robinson	Lynsey Nantais	Megan Malone
Hailey Hodgins	Janice Sloan	John and Ann Moore	Kathryn Driver	Leanne Cassidy	MA & Z Andrusyszyn	Megan Moorhouse
Harasym Homes Inc.	Janice Thompson	John and Kapteyn	Kathryn Eddington	Lee Orphan	MacKenzie Baker	Megan Smith
Heather Carter	Japinder Singh	John Balcarras	Kathryn Green	Leigh Shand	Mahboubeh Zardosht	Meghan Morgan
Heather Guizzetti	Jasmine Kerslake	John Balcarras	Kathryn Lewis	Leonard Roozen	Make-A-Wish Foundation	Meghann Jemmett
Heather Ross	Jason Kerr	John Goudy	Kathryn Turnbull	Leslie Garrett	Mallory Butler	Melanie Huestis
Heather Strockett	Jean Herman	John Howitt	Kathy Peters	Leslie Graham	Mallory Jutzi	Melinda Maxner
Heather Weir	Jean Knight	John Jackson	Kathy Voisin	Leslie Gustafson	Man Shing Law	Melissa Adamopoulos
Heidi Bayley	Jean Wright	John King	Katie Brown	Lewis Seale	Manuel de Freitas	Melissa Cann
Heidi Graham	Jeanie Zavitz	John Reehill	Katie Richardson	LibbyMcMillan	Manuel Zelaya	melissa Christensen
Helen Cagiannos	Jeff Muir	John Stapleton	Keith Mochizuki	Libro Financial Group	Marc Joanisse	Melissa De Luca
Helen Riordon	Jeffrey & Dawn Snell	Jonah Melville	Kelly Babirad	Lina Scratch	Marg Rowles	Melissa Pickering
Helen Swan	Jeffrey Markle	Jonathan Heggart	Kelly McConnell	Linda & Bill Ratcliffe	Margaret Johnston	Melville Mortgages
Helen Swanson	Jen Hale	Jonathan Tufts	Kelly Palmer	Linda & Mark Pfaff	Margaret Klue	Melvyn Goodale
Helene Pierard	Jen MacDonald	Joseph Waite	Kelsey Scherr	Linda Barclay	Margaret Millson	Mia Groenewegen
Henry Joosten	Jen Podonis	Joseph Wilson	Kelsey Taylor	Linda Bussiere	Maria Goltsman	michael brown
Herman & Wendy McSherry	Jena Downen	Josephine & Mark Gordon	Ken Sumnall	Linda Cottell	Maria Calleja	Michael Hanson
Holly Jennings	Jenna Moore	Joy Birch	Ken Wickens	Linda Daley	Maria Mountain	Michael Harris
HR Mandiv	Jenna Nanne	Joyce Thompson	Kendra Coulter	Linda Halligan	Marianne Larsen	Michael MacDonald
Ian Davies	Jennifer & John Tyrrell	Judith Partridge	Kerri Bruinsma	Linda McDougall	Marie Rioux	Michael Peerless
Ingrid Johnsrude	Jennifer Bird	Judith Partridge	Kerri Vandelloo	Linda Ratcliffe	Marilyn Loeb	Michael Schart
Irene Nicholls	Jennifer Dartch	Judy & Kelsey Lawson	Kheng Sock Chiv	Linda Ratcliffe	Marion Brown	Michael Ullerick
Iwona & David Reed	Jennifer Gritke	Judy Clark	Kim & Dave Graham	Linda Shambrook	Marisa Thorburn	Michele Heisler
Izzy Howitt	Jennifer Gritke	Judy Cuyllie	Kim Clark	Linda Speers	Marisa Thorburn	Michele St John
J. Martin Dick	Jennifer Gritke	Judy Vitek	Kim Clark	Linda Umlauf	Marissa Miller	Michelle Barnes-Colpitts
J.D. Gibbons	Jennifer Jeffrey	Julia Webb	Kim Corriveau	Lindsay McDonald	Marjorie Loghrin	Michelle Burlock
J.S. Terpstra	Jennifer Jeffrey	Julia Webb	Kim Dagenais	Lindsay Moore	Marjorie Ratcliffe	Michelle Sangster Bouck
Jack Blocker	Jennifer Jenney	Juliana Pena	Kim Martin	Lindsay Roe	Mark Harris	Michelle Stanescu
Jacob Bromhall	Jennifer Jones	Julie Watson	Kimberly Dutton	Lindsay Topper	Mark Hughes	Mignon Patrick
Jacques Bunt	Jennifer McGill	Julie Dickson	Kimberly Shaw	Lisa Dale	Mark Kroll	Mike & Julie DeJager
Jacques Thompson	Jennifer Robinson	Julie Gubbels	Kimberly Simpson	Lisa Hart	Marlee Balsdon	Mike Barclay
James Duketow	Jennifer Trinder	Julie Peters	Kirsten Knight	Lisa Levy	Marlene Koehler	Mildred Elder
James Keith Moffatt	Jenny Clark	Julie Shearing	Kirsten Pronk	Lisa R Philpott	Marlyn & James Plimmer	Miranda Fullerton
	Jeremy Denomme	Julie Strychowsky	Kirsten Robertson	Lisa Sheldrick	Marsha Bradley	Miranda Robinson
	Jeremy McCall	Julie Todd	Korina Baesso		Martinrea Automotive Systems Canada	
	Jerry Hayter	June Davis				

We are located at 866A Dundas Street
P.O. Box 2801
London ON N6A 4H4
Tel: 519-438-8676 Fax: 519-438-7983

www.lifespın.org

life@execulink.com

www.facebook.com/LIFESPIN



Miriam Love	Patricia-Lynn Penney	Rene & Evelyn Vander Pryt	Sandy O'Neill	Sneha Patel	Tanya Delyzer
Molly Maid	Patrick Donnelly	Rhonda & Ron Milton	Sandy Sargeant	Sommer Foster	Tanya Park
Monica Vautour	Patrick Teefy	Richard Hanlan	Sara Chelchowski	Sookie Mei	Ted Walker
Moumita Bhattacharya	Paul & Debbie Jackson	Richard Leavitt	Sara Lovell	Sophie Kitchen	Terence Kernaghan
Mr. Gary Begner	Paul & Heather Gunness	Richard Robson	Sarah Bowden	Soroptimist International London	Teresa Levy
Mrs. Donna McGuffin	Paul Charlton	Richard Vantfoort	Sarah Brooks	Srividya Natarajan	Teresa Marcy
Muriel Guthrie	Paul Hodgkinson	Rick Odegaard	Sarah Folkes	Stacey Bain	Teresa Rutten
Murphy Machinery	Paul Meyer	Rita Nicholson	Sarah Gillham	Stacey Spasic	Teri Lynne Rummell
Myra Tuer	Paul Rainsberry	Rob Gifford	Sarah Kirshin-Neilans	Starlim North America Corporation	Terri Cordeiro
Myrna Pronchuk	Paul Seale	Rob Campbell	Sarah Leach	Steff Moraal	Terri Karp
Nadine Poulos	Paula Verbrugge	Rob Crate	Sarah O'Brien	Stein Hagen	Terry Hughes
Nancy & Gord Hind	Paulette Schiestel - Copps	Rob Havers	Sarah Rayner	Stephanie Ross	The Morrissey House
Nancy Griffiths	Pauline Hart	Rob Havers	Sarah Visser	Stephanie Ayres	Theo & Gerda Korthof
Nancy Hoevenaars	Pawelee-Brzychezny Medical	Robert & Erin Meth	Saranda Filek	Stephanie Decelles	Thomas Howden
Nancy Martin	Payton Cabral	Robert & Karen Maginnis	Sarmad Mahboubia	Stephanie Hayne Beatty	Thomas Johnson
Nancy Townsend	PCCA Corp	Robert Clark	Scope Gap Contractors Inc	Stephanie Legdon	Thomas Orchard
Nancy Wilton	Peggy Rivard	Robert Graves	Scotiabank-Hamilton Road	Stephanie Simpson	Tiffany Willis
Natalie Winger	Peggy Sattler	Robert Hancock	Scott Ferguson	Stephen & Carmen Ellis	Tim Evenden
Natalie Arnsby	Penny Wilkins	Robert Hiscox	Scott Koehler	Stephen Bibbings	Tim Vanderkooy
Nelly & Larry Dekoker Oudekerk	Peter and Lynda Mosey	Robert Howlett	Scott Remila	Stephen Karchut	Tom Cull
Nicholas Norwood	Peter Galsworthy	Robert Maginnis	Sean Capstick	Stephen Poon	Tom Bender
Nicholas Southern	Peter Hockin	Robert Rose	Seana Nelson	Steve Desjardine	Tony Feuz
Nick Steinburg	Peter Milroy	Robert Shaw	Shanna Burns	Steve Hart	Tova Zarnowiecki
Nicky Kozoriz	Phil Lewis	Roland Plante	Shannon Pouliot	Steve Seguin	Trojan UV
Nicole Barker	Philip Dynes	Ronald Hansen	Shannon Bulku	Steve Szikszay	Tyler Sutton
Nicole Heron	Philip Nguyen	Rose Stranges	Shannon Calvert	Steven Bland	Unifor Local 27
Nicole Lewis-Bateman	Pirkko Sheldrick	Ross & Carol Cruickshank	Shannon Hamilton	Steven Copps	Unitarian Fellowship
Nicole McClean	Promat Inc	Ross Murray	Shannon Mahoney	Steven Rucchin	United Way, Toronto & York Region
Noah Bousada	Psac Area Council -PSAC	Ross Nichols	Shannon Moir	Stryker Medical London	Verla Schmidt
Norma Coates	R. Howard Webster Foundation	Ross Towing	Sharla Cote	Sue Broadbent	Vicki Denunzio
Norma Sharpe	R.M. Donohue Holdings Ltd.	Roxanne Zammit	Sharon Dawson-Clarke	Sue Forbes	Vicki Newlove
Olaleye Fasugba	Rachel Berdan	Roy Eagleson	Sharon Gilpin	Sue Nakagawa	Vicky Butler
Olivia Cain	Rachel Dean	Royal Canadian Legion Branch 051	Sharron O'Brien	Sue Soney	Victoria Aitcheson
Olivia Hughes	Rachel Phillips	Russell Chute	Shauna Douglas	Susan & David Martin	Victoria Daly
Olivia McLaughlin	Rachel Salej	Ryan & Lindsey Declercq	Shawna Lewkowitz	Susan Anderson	Victoria Mills
Operation Poverty International	Rachel Thorburn	Ryan Davey	Sheena Mcconnell	Susan Carlsen-Copps	Village Property Management
Optimist Club East	Rachna Sharma	Ryan Dougherty	Sheila & Len Hughes	Susan Gray	Virginia Mulick
Oscar Elviss	Randi-Lynn Scott	Ryan Rood - Copps	Sheila Hryclik	Susan McDonald	Wendy Lewis
Paddy Parr	Rani Panchal	Sabreen Ghenniwa	Sheila Sullivan	Susan McNanee	Wendy Roulston
Pamela Brissette	RBC Commercial	Sabrina Easler	Sheri Gallant	Susan Price	Wendy Russell
Pamela Haley	Rebecca Coulter	Sally Zandri	Sherrri Long	Susan Pritchard	Wendy Taylor
Pamela Luksic	Rebecca Gould	samantha Chandler	Shirley Thompson	Susan Wodlinger	Wendy Yarr
Pamm Turner	Rebecca Graziotto - Copps	Samantha Forgues	Silvia Langer	Suzie Hagan	Whitney Cottingham
Patricia Ralph	Rebecca McKee	Samantha Riley	Simon Thuss	Sydney King	Will Hall
Patricia Andrew	Rebecca Tudhope	Sandra Barton	Simone Bonello	Sydney Weiner	William Assini
Patricia Ann Grindstaff	Rebecca Young	Sandra Walsh	Siskinds	Tamara Brebner	William Hodgins
Patricia Flannagan	Reem Gray	Sandy Mikalachki	Skryker Medical London	Tammi Garrett	Wyatt Kwan
Patricia Fyfe	Reena Thomas	Sandy Morrison	Sloane Sweazey	Tammy Gooding	Yvonne Archibald
Patricia Hayhurst		Sandy Nevett			Zoe Mitchell
					Zofia Brylinski

LIFE SPIN

BUILDING COMMUNITY FOUNDATIONS FOR SELF-RELIANCE