



INN sights

CONNECTING PEOPLE AND BUILDING RESILIENT COMMUNITY: **It's a two-way street**

Fall 2015

Healthy Made Easy



START UP DATES

Seniors Diner Club

Sept 8th

Every Tuesday, 12-2 pm

LEAD Youth Drop-In Program

Sept. 9th

Every Wednesday, 6-9 pm

North End Method

@ Studio at the Inn

Sept 16th

Every Wednesday, 6-8 pm

LAF After School Program

Oct 5th, 2015

Mon- Fri, 3 pm-5 pm

BBQ

& CORN ROAST

Join us for our Fall BBQ on Sept. 25th

from 5-7 pm

Pay What You Can

Fall Harvest is here! This means that it is time to celebrate a bountiful harvest. From potatoes and carrots to beets and broccoli, our Food Access Centre has been pumping out nutritious food to our families. Our firm commitment to "healthy food for all", has received tremendous positive and encouraging support from community members. Through our Food Access Center, Community Garden and Community Kitchen, we have built stronger connections with community members and have inspired them to become engaged on issues that matter. We are all benefiting from the fresh and healthy vegetables straight from the harvested garden, and learning how to deliciously use them in new recipes at our community kitchen.

A few of the healthy and mouth-watering dishes that have been prepared include: salads, kale chips, tuna pasta, vegetable pilaf and lentil rice casserole. *"Learning cost-effective ways to cook healthy never seemed so simple and easy"*, said one of the participants. Kids from our summer camp have also had the wonderful opportunity to visit our garden and learn about its purpose and the benefits of eating fresh and healthy food. The kids even enjoyed and savoured the freshly made kale chips!

Alas, the bright and shiny days of summer are quickly coming to an end, and back to school season is right around the corner...which means our kids will need healthy food items to stay energized and focused in school. Each month over 400 households access our food center. Join with us in sending all of our kids back to school with healthy and full lunch boxes!

"This food bank has the most fresh produce."
- P, Community Member



"I really get excited about coming here as I know I will get healthy and fresh food for my kids" - a caring mom



Wacky Hair Day

This year campers especially loved the **Counsellor Challenges** where they got to cheer on their favourite camp staff as they competed in a variety of contests. Camp counsellors included 27 youth from all over Hamilton who contributed over 2000 volunteer hours in one month to help make this year's day camp a total success. Here's to celebrating another year filled with laughter and community!

Summer Day Camp 2015 has wrapped up for another year but not without creating amazing memories that will last a lifetime for both staff and campers alike. This year the summer camp crew celebrated the Pan Am Games happening in our own backyard with sports, games, crafts, songs, swimming, theme days, and even our very own torch run and closing ceremonies. Our weekly trips included visits to Bronte Creek, Christie Lake, Gage Park, and the Ontario Science Centre in Toronto.



Even the rain couldn't dampen our spirits at Christie Lake! Can't rain on our parade.

New Horizons Thrift Store
Save on Back to School Essentials
Mon-Sat 10 - 5pm

Send your kids to school ready to learn! Stretch your budget and get more for your money. We have backpacks and binders, shoes and sweaters, uniforms, sports equipment, lunch boxes and more! Interested in some treasure hunting this fall? Our volunteer team would be happy to serve you!

www.newhorizons.welcomeinn.ca

Care, Respect & Dedication

We recently received a letter of appreciation from one of our community partners, Employment Hamilton. They said "We would like to thank Welcome Inn and New Horizons Thrift Store for their invaluable community partnership with our organization over the years... their staff has demonstrated care, thoughtfulness and respect for every individual, offering opportunities for them to gain experience... We applaud their dedication and look forward to our continued partnership." The feeling is mutual! We love creating space for people to explore their dreams and learn skills.



Employment Hamilton



Cranksgiving is part bike ride, part food drive, part scavenger hunt held annually on the Saturday of Thanksgiving. Bring a bike, a bag, a lock, and at least \$20 to buy groceries. Find out more at www.facebook.com/cranksgivinghamilton **Saturday Oct 10, 2015**

We are responsible to ourselves and each other

As a community, we hold one another accountable for our actions, choices and responsibilities



Dear Friends, As this summer draws to a close and the fall season begins, we are grateful for the continuing support of our partners and friends. We are busy getting ready for back to school and the return of our children and youth programs. There is the feeling of a new year, a new start. And yet, it is tinged with sadness. Our teens have been on my mind and heart quite a bit lately. This summer has seen the tragic shooting death of an 18 year old here in the neighbourhood. A family is grieving their son, our LAF kids missing their family member. There is such sadness and anger and frustration over his death. The mom of the young man shared her grief "it makes no sense." In times like these we reach out and join in the sorrow, bringing comfort when we can. Our teens were moved to do something, so they created a sign of solidarity for community messages and laid flowers near his house. Even in the depths of confusion and grief, our youth are learning how to care for others, and walk with them in dark places. That in itself brings light. There is hope for our youth to make good choices and to be a healthy support of their friends this school year. As the neighbourhood rallies together to talk about violence, peace and ways forward, we are grateful for you, who journey with us as we create resilient community here in the North End of Hamilton.

Jen Kellner, Executive Director



Take a book, leave a book or simply relax in our Third Space Library and enjoy a book!!

In Remembrance: Bill Buckle (April 26, 1930 ~ June 12, 2015)



On 16th of June, 2015, the Welcome Inn Community Centre held a memorial service for Bill Buckle. An individual who was dear to many and whose passing left a void in its place. Bill's beautiful and durable

relationship with Welcome Inn began some 40 odd years ago when he and his family stopped by for some free ice cream. Little did they know that he would soon become a regular visitor and eventually a part and parcel of the enterprise. Bill started out small: shoveling snow, doing minor repairs and lending his services here and there, but gradually he began taking on more and more tasks and, eventually became the official custodian of the Centre. From very early in the morning to late at night, Bill could be found in and around Welcome Inn. To Bill, Welcome Inn was like a second home and it is evident that he took pride in his work up till his retirement in 2011. And even though he retired from his maintenance position, his heart remained connected to the Welcome Inn Community. He especially enjoyed the Tuesday seniors' group and was an avid shopper at New Horizons Thrift Store. Through all the ups and downs of family life, Bill remained beautifully positive and appreciative of the support of Welcome Inn and his friends. At the memorial, people remembered him for his unique personality, sense of humor and, most of all, his passion and love for Welcome Inn. He will be dearly missed.

"That is why I love this place. They don't let you go off ... They make sure you have people, right up to the end. Then give you a good send-off"- reflecting on Bill's funeral.



On Tuesday mornings during the summer months of July and August, our seniors get together to enjoy each other's company over a cup of coffee, tea and snacks. What a great way to start a day!

A Message from the Board

I have been a member of the Welcome Inn board for 3 years and I am honoured to be part of this very special organization. I am a criminal lawyer in Hamilton and Halton, and a big part of my practice is representing clients with legal aid and those who have mental health issues. I grew up in Burlington, but Hamilton is my adopted home, as I lived here while I attended McMaster University and now have lived downtown for the last 7 years. Outside of work, I love to experience all that this great city has to offer, including hiking to see waterfalls, attending the art crawl and going to sports events at Tim Hortons field.



Sarah Lawson

The last year at Welcome Inn has been very exciting, as our new Executive Director Jen Kellner has brought new energy, commitment and exciting initiatives and events to Welcome Inn, such as the Third Space Resource Centre, the Canada Day Fundraiser and Pan Am Camp. We are so thrilled to have her join the Welcome Inn community and she has really inspired the whole board of directors.

As summer comes to an end and a new season begins, it is a good opportunity to take a moment and be thankful for the positive connections we have in our lives. I am grateful to be part of the Welcome Inn, and am so encouraged to see it continue to be a warm and welcoming space for children, families and seniors. I hope each and every one of you have enjoyed the summer, and as the leaves change colour and the weather gets cooler, you continue to count your blessings and have a wonderful autumn!

Board of Directors 2015

Bob Charko - Chair, Leah Schwenger - Vice Chair,
Tim Epp - Treasurer, Gale Payne - Secretary, Sarah Lawson,
Keston Roberts, Steve Dykstra

Get to know our board members and read their bios at welcomeinn.ca

Donor Corner



THANK YOU RBC for donating to our Canada Day food drive! Your donation help us continue to offer healthy, nutritious food to our families!!

“I used to be scared of everything, but since being at Welcome Inn, they taught me to do things. I can do everything now, since being at the **Welcome Inn.**”—Marg reflecting on speaking in public.

How can I make a donation?

Donations can be made by returning the enclosed self-addressed envelope with a cheque to Welcome Inn, or online at www.canadahelps.org - Thank You!!

Join the conversation!

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www.facebook.com/WelcomeInnCC



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