

ONWARD WILLOW NEIGHBOURHOOD GROUP

Your Community Newsletter

October * November * December

Holiday Craft Sale

Calling all Neighbourhood Crafters!!

Our annual Holiday Sale is just around the corner. Please keep your eye out for the announcement of this annual Craft Sale (tentatively booked for Saturday December 6th at the Shelldale Centre).



If you have a passion for knitting, painting, ornament making, or other crafty endeavors, or are a local vendor for such things as Avon, Scentsy, Steeped tea, etc. and are looking for ways to make a little extra Holiday Cash then get in contact with Suzie at 519-824-6892 or onwardwillow@gmail.com and book your table today!

Colouring Contest Winners

Congratulations to our Winners:

Michelle - Age 10

Sierra - Age 3

Kaylee - Age 5

Hailey - Age 8

Please head on over to the Onward Willow Centre, 15 Willow Road, Unit K45 to pick up your prizes and colouring sheets. There are lots of prizes to be had!

Inside this issue:

Food Page	2
Organizing Your Home	3
Willow Rd. PS Greening Project	4
Programs at the Onward Willow Ctr	5
Kid's Page	6
Youth Page	7
What's happening	8
Drug & Safety	9
BBQ Report	10
By Community, For Community	11
Logo Contest	11

Onward Willow Kitchen

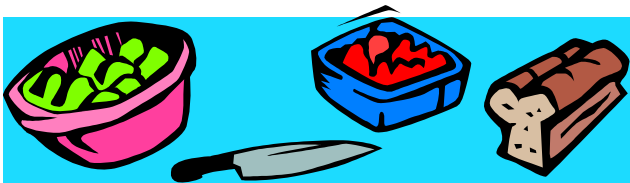
The kitchen at Onward Willow seems to be the hub of our centre. Just like any other 'home' the kitchen is where family gathers to talk about their day, to eat snacks and meals, and to encourage each other. The same is true for Onward Willow: community and volunteers gather each day to help one another, encourage one another, laugh with one another, photocopy with one another, and have some really great coffee! So if you're in the area, come on in and say hi to one of our many front desk staff and have some warm conversation and coffee.

The Garden Fresh Box

The Garden Fresh Box program helps people get affordable fresh vegetables and fruits.

Two (2) sizes of boxes are available:
Large for \$20.00 and Small for \$15.00.
A typical box contains 9-14 vegetables and 2-5 types of fruit. You can order your Garden Fresh Box at the **Onward Willow Centre.**

For more information, visit the website:
www.guelphchc.ca/healthy-living/food-health/garden-fresh-box
or call 519-821-6638



Emergency Food

Did you know that the Onward Willow Centre can provide you with a bag of emergency food?

Our food bags are based on family size and are designed to get you through a day until you can get to other food or food help.

Requirements:

- You need to live in the Onward Willow neighbourhood.
- You need to show us proof of address and a piece of ID.
- You can get a maximum of one bag per month.

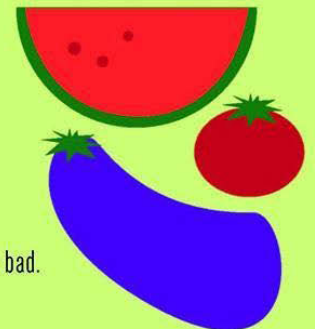


NORTH END HARVEST MARKET **FREE VEGETABLE AND FRUIT MARKET**

DATE: Every Wednesday from July 2nd to December 17th, 2014
Can be accessed every other week by community

TIME: 6:00 to 8:00

LOCATION: Small parking lot beside Waverley Drive School at **140 Waverley Drive.**
In portable # 6 if weather is bad.



VOLUNTEER OPPORTUNITIES AVAILABLE

Set up / clean up / shopping / loading / greeting / assisting handing out food

FOR MORE INFORMATION: NorthEndHarvestMarket@gmail.com

WAVERLEY NEIGHBOURHOOD GROUP: waverleyneighbourhoodgroup@hotmail.com

Organizing Your Home

By Mirna Cucić

Maintaining a clean and organized home can be very stressful, especially when paired with the dozens of other work or family related responsibilities most of us have. The following 5 tips are meant to relieve that stress and help you organize your home more efficiently:

1. Always clean up after yourself and encourage your partner, children or roommates to do the same. For example, when you come home, put away your coat, shoes, work briefcase, backpack, gym bag, and whatever else you bring with you. First impressions are very important because they set the tone to how we perceive or feel about things such as other people, environment, etc. Mess can be overwhelming especially if that is the first thing that you see upon entering a home. Washing dishes after every meal is also important, and it only takes 10-15 minutes.

2. Share the housework. Maintaining a home can be very time consuming and stressful, especially when you are employed. Decide together with your family or roommates who will do which chore. We are more likely to do a task that we like and are capable of performing. Provide positive reinforcement or praise, and be patient if at first your partner, children or roommates do not perform to your standards. People in intimate relationships who live together tend to be happier and have a better relationship if they contribute equally to the housework and related responsibilities.

3. Multitask. If you can train yourself to do more than one chore at a time, you can save a lot of time. For example, as you are cooking, clean the dirty dishes you are no longer using. When you are done, sweep your kitchen floor. When you buy groceries and are about to put them in the fridge, wipe the fridge clean and get rid of expired or leftover foods. If you do this consistently, your fridge and kitchen will always be clean and it will take you 10-20 minutes a day to maintain it.

4. Be organized. You don't have to do everything in one day. Spread your work load over several days and you will find that you are cleaning less hours per day. Your house will also be cleaner because you will have more time to spend on organizing different areas of your home. If you have a lot of things to do in a given day, write a list. You will be surprised with how much you can get done. Also, checking off a chore on a "to do" list can be very rewarding. Write a list when buying groceries as well. Even if you forget to bring it with you, simply writing down items you need, will strengthen your memory.

5. Keep your cleaning supplies close by. People are more likely to clean up a mess if it is easy to do so. Having to walk up or down the stairs —to grab a broom or a vacuum cleaner — is inconvenient and time consuming.

Do you have a great idea for a story, article, recipe, poem, or craft? Would you like to see your work in the newsletter?

If so, please send your idea to onwardwillow@gmail.com!

We're always looking to showcase more neighbourhood talent!

Vote for schools to make the grade:

Accountability
ccessibility
ctive schools and students
dvocates for families and communities
chievement for our children



Aaron Blair

For
School Board Trustee

I would love to hear from you

Phone: 519-766-1723

Email: blairaaron@hotmail.com

Web: aaronblairguelph.wordpress.com

Willow Road Public School Greening Project

School's Back and up and running... Sort Of

Has anyone ever asked you where Willow Road Public School was? You provide them with all the correct directions, but they end up right back at your side asking the question again. Oh yes, they have no sign on the main roadway to the school, being the namesake, Willow Road. Oh no! What do we do?

Prior to the end of the school year, this past June, several concerned Willow Road Public School parents got together and formed a committee with Principal Mr. Steve Viveiros and Vice Principal Mr. Sean Cameron. The reason? People noticed other schools in Guelph, where an older brother or sister attended. They saw play structures, sitting benches and lots of other stuff that their school didn't have. The question became, 'Why don't we have the same things that they have over there?'

So, the committee spent the summer listening to the concerns of the students, parents and community folks, everyone voicing what they thought the school needed. We came up with a 3 Phase project (Kindergarten area; the Big Tree area and the baseball/soccer field area; and an Open Air Classroom). So, the Greening Committee took on the Greening Project, including designs and fundraising for the project. It will take 3-4 years, depending on funding and a willingness of as many community people as possible to make this a reality. **And a reality this will be!** You all have talents, so if you want MORE for your school and the Community, Let's Do It!!! Contact us at 519 826-6111 (ask for Donna Haskett) for more information on how you can help your KIDS, the school and our community.

Thanks for Your support,
Mike Harris & The Greening Committee

VOTE FOR JUNE IN OCTOBER


YOUR NEIGHBOUR IN WARD 3

June Hofland

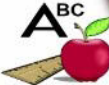


- Born and raised in Guelph
- Lives in Ward 3 with husband, Peter and dog, Julian
- 25 year banking career
- Eight years experience as a city councillor
- Community-focused
- Founding member of the Guelph and Wellington Poverty Elimination Task Force
- Board member of Onward Willow Better Beginnings, Better Futures
- Passionate about serving her community

Learn more about June at www.junehofland.ca



Re-Elect

ABC


**Susan
MOZIAR**

PUBLIC SCHOOL TRUSTEE
www.susanmoziar.ca
 519.837.3742

Paid advertisement

New Program at the Onward Willow Centre: Friday Fun Family Nights!

Starting October 17th, join Missy for frolicking family fun on Friday evenings!

Activities will vary depending upon people's interests, so make sure you dress for both indoor and outdoor adventures.

When: Friday evenings, 6pm-8pm (starting October 17th)

Where: Onward Willow Centre, 15 Willow Road, Unit K45

Bring with you: weather-appropriate clothing, brilliant activity ideas (optional), and an appreciation of fun.

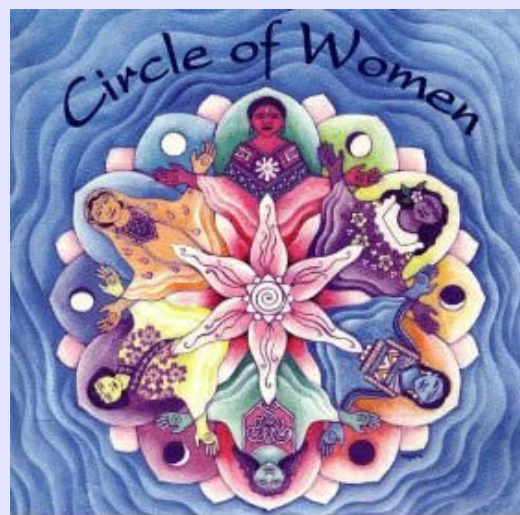
Do you have an idea for a program?

If so, call, email, or drop by to let us know about it. We've got a great space and a great community—let's talk about all the wonderful things we can create, offer, and share!

Tel: 519-824-6892
onwardwillow@gmail.com

Women's Circle

Women's Circle is a gathering to share ideas, learn new skills, and socialize. It is held every Thursday from 1-3 pm at 20 Shelldale Crescent (in the Shelldale Centre). All women are welcome to attend and childcare and snacks are provided. Every 4th meeting is a social potluck, where the next month's workshops are discussed.

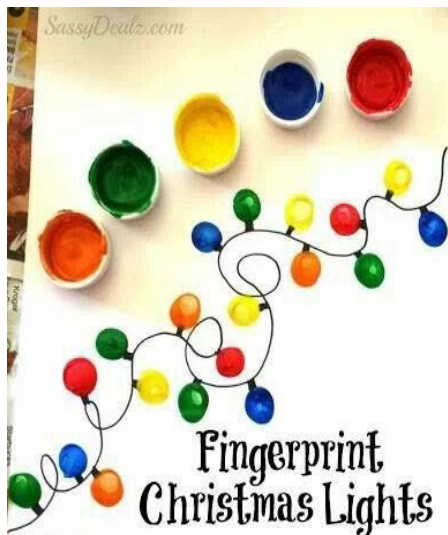




How do you make a milk shake?
Give it a good scare



Why didn't the witch sing at the concert?
Because she had a frog in her throat!



Materials Needed

1. Paper (any color)
2. Paint (any color and quantity)
3. Marker

Directions

1. Use thumbs and cover in paint
2. Press thumbs on paper in a crazy line
3. Let dry
4. Draw crazy line attaching all the crazy thumb prints together
5. Hang up and be dazzled at the creativity in your home

Interview with Lily, a neighbourhood youth

Q: What exciting thing did you do this summer?

A: I went to camp

Q: What kind of camp?

A: It was an overnight Tim Horton's camp in Kentucky

Q: Have you ever been to Kentucky before?

A: No

Q: What kinds of things did you do there?

A: We did tubing, fishing, and swimming in a lake with fish! We also had really funny campfires. One time, people pretended that there was only one cup of water in the whole world. The first person drank it and backwashed it so they spit it right back into the cup. Then the next person washed their dirty sock in it and then the third one drank it because he needed a drink. It was hilarious. We did a music thing where we got songs and sang them. We had iChoice where you would have different activities like wrestling, soccer, and stuff and you'd get to play them. My best friends from here also were there, then I met new friends, but then we had to split up at the end of camp.



Are You Looking For Stuff To Do? Here Are Some Free Options:

Shelldale Centre Teen Drop-In

Mondays, Wednesdays, and Fridays
from 6pm to 8pm. Ages 12 to 18.
Shelldale Centre, 20 Shelldale Cr.

Friday Night Teen Drop-In

Fridays from 7pm to 10pm
West End Community Centre
basketball, volleyball, computers, and more!
<http://guelph.ca/youth/?p=2472>

The Door Youth Drop-In

Saturdays from 7pm to 10pm
Westwood Public School Gym
Ages 12 to 18 get together to enjoy
games, art, sports, snacks, music & friends .
<http://www.highlandsyfc.com/guelph/>

Also check out: <http://guelph.ca/youth/>

Here's to the crazy ones. The misfits. The rebels. The troublemakers. The round pegs in the square holes. The ones who see things differently. They're not fond of rules. And they have no respect for the status quo. You can quote them, disagree with them, glorify or vilify them. But the only thing you can't do is ignore them. Because they change things. They push the human race forward. And while some may see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world, are the ones who do.

Steve Jobs
1955-2011

elect

Craig Chamberlain

for **Ward 3 Councillor**

**Your Ward.
Your City.
Your Priorities
at City Hall.**



Please feel free to contact me with your questions, comments or concerns.

craigchamberlain@rogers.com

www.ward3guelph.com

 **@Ward3Guelph**

519-837-4474

For more info on how you can vote, when and where, visit <http://vote.guelph.ca>

Monday, October 27, 2014

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What's Coming Up?

Page 8

Friday October 17th, 6pm-8pm
Fun Family Night
at the Onward Willow Centre

Friday October 24th, 6pm-8pm
Fun Family Night
at the Onward Willow Centre

Tuesday October 28th, 5pm-7pm
OWNG Neighbourhood Meeting
(including Drug & Safety Meeting)
(held at Shelldale, 20 Shelldale Cr.)

Friday October 31st, 2014

Halloween!

Stop by the Onward Willow Centre to show off your costume and trick or treat.

PLEASE NOTE: Friday Fun Night will not be happening on October 31st.

Friday November 7th, 6pm-8pm

Fun Family Night

at the Onward Willow Centre

Continuing on Fridays until further notice

Tuesday November 25th, 9:30am-11:30am

OWNG Neighbourhood Meeting

(including Drug & Safety Meeting)

(held at Shelldale, 20 Shelldale Cr.)

Saturday December 6th, Time TBA

Annual Holiday Craft Sale

(held at Shelldale, 20 Shelldale Cr.)

GOOD NEWS!

SHELLDALE BREAKFAST CLUB

Weekdays, 7:35am to 8:30am

Parents no longer need to be on site to sign kids out of Shelldale's breakfast club!

Come on over and enjoy food and company! For more info: 519-824-8498

Concerned About Drugs & Safety in Your Neighbourhood?

The Onward Willow Drug and Safety meetings happen monthly during the first hour of our neighbourhood meetings. Coming out to our meetings is a great way to meet and work with your neighbours to ensure a safe and healthy community. At the September meeting, there was a very productive brainstorming session and here are some of the results:

1. If you see problems and you think there is a risk of violence, **DO NOT ENGAGE**. We don't want anyone to get hurt!
2. Keeping the neighbourhood safe requires the **consistent use of multiple approaches**:
 - a) **Call the police** when you see illegal activity. Make sure you get the incident number and report.
 - b) **Call Crimestoppers**. Crimestoppers is great because it's anonymous and they track the numbers of calls to decide where to focus police efforts
 - c) If you live in Housing, **file an incident report (Tenant Issue Report)**. You can let them know about activities that impair safety, are illegal, or are interfering with the rights of others. Reports need to be specific—make sure you specify times, dates, who, and what. We have these forms at Onward Willow.
3. We're going to try to connect with multiple partners (Housing, Guelph Police, Crimestoppers, Community Health Centre, Addiction Services, Shelldale, Immigrant Services, etc.) to help develop strategies and supports as well as bringing even more positive role models into the community.

Remember, if you are concerned, you can always stop by the Onward Willow Centre to build better relations with your neighbours, get help with paperwork or phone calls, and see some friendly faces!



JASON
BLOKHUIS
 FOR
MAYOR

SMARTER GOVERNMENT

www.JasonforMayorofGuelph.com



Doug, James, Ferol, and Jordan enjoy watching all the fun happenings.

This year's BBQ was another great success! We served over 200 meals, had great weather, and enjoyed a rousing round of tug of war. People seemed to like our new location and layout.



Neighbourhood youth working together to change the world ...or, at least, to take a few steps



Bob Moore is one of the six candidates running in Ward 3 for City Councillor. Bob and Jane moved to the London/Edinburgh area for Bob to be principal at Guelph Community Christian School; he recently retired. Jane is a retired nurse. They both grew up in the Hamilton area, but have lived in Ottawa, Kingston and Lindsay. Their son is a student at the College of Art in Toronto, and their daughter is an architect and is preparing to go with her husband and two young children to pursue aid work in Africa.

Bob's family has a tradition of community engagement, and Bob made sure this became an important theme for the school, too. While Bob was there, the school became engaged in serving the community through food and toy drives, tree planting, Bracelet of Hope, co-op student placements, test sampling for the U of G and Sick Kids

Hospital, the Guelph Community Orchard Project, seniors' homes visits, monthly interaction with Hope House, etc.

Bob is still active with the Guelph Community Orchard Project, and has become more involved with the Julien Project to engage students with the therapeutic benefits of gardening. Bob himself has been active on the Board of Hope House, and has recently been finding out more about the Bridges Out of Poverty/ Circles programs, and the Cadence Program for non-attending high school students. Bob has also recently joined the Board of Flying Bow Ministries that sponsors the student orchestra program at Gateway P.S.

Through campaigning, Bob has learned a lot about Ward 3 and is eager to start helping the residents of Ward 3 build a complete community where there are lots of accessible opportunities to live, work and play. He realizes that he has a lot more to learn and that the neighbourhood groups, like Onward Willow, are the building blocks for the healthy communities that we all want to see in our city of Guelph!

By Community, For Community

Did you know that the Onward Willow Centre runs largely through the efforts of community members volunteering their time? We couldn't run our front desk, clothing room, newsletter, or most other things without community members putting in so much time and effort. Thank you to everyone who does so much!! If you'd like to get involved, please contact Suzie at onwardwillow@gmail.com or 519-824-6892

Jean, Brenda, and Martha are just some of the community members who help keep our centre running!



Onward Willow Needs a New Logo!

What does our neighbourhood mean to you? Can you put that in pictures? If so, please submit a logo to our contest!

Logos must be original creations—please do not use other people's work, pictures, etc. without their permission (and make sure you don't include any materials that have copyright on them!).

Please submit all entries to Suzie at onwardwillow@gmail.com or 15 Willow Road, Unit K45 by 4:00pm Friday November 14th, 2014.

The winner will be chosen via ballots handed out in an upcoming newsletter. If there are more than twelve entries, a committee of our neighbourhood group will narrow it to the top twelve.

Please note that our neighbourhood leadership group maintains the right to decide that none of the submitted logos are appropriate for our needs.



Vote for Trustee
Linda Busuttil

519 837 9592
www.lindabusuttil.info

Neighbourhood Group Meetings

Attending neighbourhood meetings is a great way to get involved and have a say in your neighbourhood group!

Onward Willow Neighbourhood Group Meetings are held the 4th Tuesday of each month, alternating between 5pm-7pm and 9:30am -11:30am.

Our next meetings are:

Tuesday October 28th, 5-7pm

Tuesday Nov. 25th, 9:30-11:30am

NEEDS!

Want to help out?

Here are some things we need:

- Someone with a truck/van and some muscle to help us pick up and move donated items
- Food donations: pasta; pasta sauce; canned meat, soup, fruit, or vegetables; kraft dinner
- Help with winter maintenance at the centre (e.g. shovelling and salting)
- More front desk volunteers
- Clean, gently used clothing, especially plus sized and men's
- Locking file cabinet

Onward Willow Centre

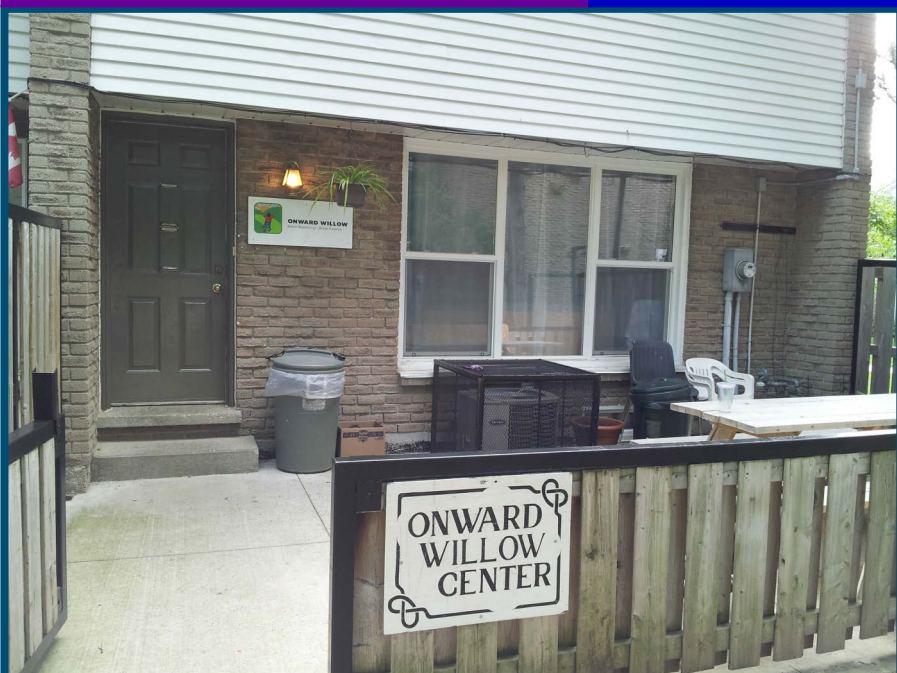
15 Willow Rd., Unit K45
Guelph Ontario,
N1H 1V7

Tel: 519-824-6892
onwardwillow@gmail.com

Hours:

10am to 4pm
Mondays,
Wednesdays,
Thursdays, & Fridays.
CLOSED Tuesdays.

Note:
Clothing room
is open
10:30am to 3:30pm



Clothing Room

Visit our basement to see what we have available (all free)!

We accept donations of clean, gently-used clothing. We particularly need plus size and men's clothing.

Centre Services

- Free clothing room
- Donation room with toys, books, household goods, and more!
- Free local calls and faxing
- Photocopying (by donation)
- Emergency food cupboard
- Wish Lists
- Employment assistance—Lutherwood

We're on the Web!!

www.facebook.com/onwardwillowcentre

Twitter: @onwardwillowcentre

Onwardwillow.com

Did you notice that we're now featuring ads in the newsletter?

Would you like to tell the neighbourhood about your business?

Prices: Business Card Size = \$35; Half Page = \$60; Full Page = \$120

Contact us for more information: onwardwillow@gmail.com or 519-824-6892