

Please help us reach our
**May to September goal of
 raising enough food to
 supply 21,276 meals**

UPCOMING EVENTS

- ⊙Summer Golf Tournament
 @ Century Pines
 August 11
- ⊙Corporate Golf Tournament
 @ Copetown Woods
 September 22
- ⊙Bowl-a-thon
 @ Splitsville Bowling
 October 6
- ⊙Vintners Dinner
 @ Hamilton Golf & Country Club
 November 5
- ⊙Volleyball Tournament (Seniors)
 November 19
- ⊙Volleyball Tournament (Junior)
 November 26

BOARD OF DIRECTORS

- | | |
|---------------|--------------------|
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NEIGHBOUR TO NEIGHBOUR CENTRE
 28 Athens Street, Hamilton Ontario

SUMMER IS COMING...
But hunger does not take a vacation!

Fill Your Neighbours' Home With Hope
 Serving Hamilton Mountain and Surrounding Communities

GROCERY ITEMS REQUIRED

- ⊙ Canned vegetables
- ⊙ Canned meat
- ⊙ Canned fish / salmon / tuna
- ⊙ Canned fruit
- ⊙ Canned / dried beans / lentils
- ⊙ Kraft dinner
- ⊙ Spaghetti Sauce
- ⊙ Pasta
- ⊙ Rice
- ⊙ Chick Peas
- ⊙ Jam
- ⊙ Soup
- ⊙ Drinking Boxes
- ⊙ Fruit cups
- ⊙ Flour
- ⊙ Baby Formula
- ⊙ Powdered Milk
- ⊙ Diabetic nonperishable items
- ⊙ Nutren/Resource/Boost/Ensure
- ⊙ Diapers
- ⊙ Bathroom tissue
- ⊙ Cereal
- ⊙ Juice

1 in 5 Families in Hamilton Live in Poverty!
 The Hamilton Roundtable for Poverty Reduction.

Thank You for your support

For more information
905-574-1334
 www.n2ncentre.com
 admin@neighbourtoneighbourcentre.com

Help is Just a Neighbour Away

Our Mission:

Through diverse programs and partnerships we are the first stop with individuals and families who want help with difficulties they encounter on their path to self-sufficiency.

Our Vision

Leading poverty prevention in our neighbourhood.

“HELP IS JUST A NEIGHBOUR AWAY”

COMMUNITY MINDS

Turkstra fires up fundraiser

Turkstra Lumber takes an innovative approach to supporting local charities. Every Friday in the spring and summer, the store's staff sets up a barbecue station on their Upper Wellington Street parking lot and provides all the supplies including food and drinks. Various charities are invited to supply the volunteer chefs and keep the proceeds.

It's a generous gesture and Neighbour to Neighbour is grateful to be among the charities that partake in this fundraising

offer. Turkstra funnelled a share of the \$2,500 generated from these barbecues over to Neighbour to Neighbour, on top of the \$837 the company donated to the Centre in December.

According to Andrew Luth who is manager of the Upper Wellington store, helping the community is the way this company has always done business.

"After 55 years in business we're a strong believer in making our community a better place to live," said Luth.



VOLUNTEER PROFILE

Always the teacher

Mary Hudon is a retired teacher but she still makes her way to R.A. Riddell School for a couple of hours every Friday morning to work with young students.

She is one of the original three volunteers who were instrumental in setting up the Children's Tutoring Program at Neighbour to Neighbour Centre, which is now in its seventh year and has grown from one school to 10 on Hamilton Mountain.

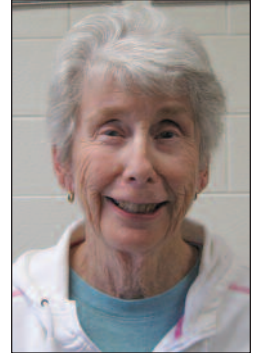
The former high school teacher admits it was a challenge to learn to deal with younger children but she leaned on motherhood and now grandmotherhood to get her through.

"I enjoy it. It feels good to be part of the reason these young students are improving," said Hudon. "Plus, I enjoy reaching out to the kids and instilling in them a newly found enjoyment and even love of reading," said Hudon. "I can actually see the light going on for them!"

That's reward enough for this avid reader.

Even more, Hudon has also seen firsthand the confidence reading improvements inspires in students and the embarrassment it erases.

The Children's Tutoring Program started out helping 15 weak readers. Subsequently more students, schools and volunteers have been added to the program and as a result of this concerted effort, school marks are improving.



Mary Hudon

Albert Snow's stylish support

For the past eight years, 80 of Albert Snow's colleagues from hair salons in Hamilton, Toronto and places in between, have descended upon his Westdale shop to put their expertise to work for charity.

The annual springtime one-day cut-a-thon attracts between 300 to 350 customers who get a bargain \$25 hair cut from a high-end professional.

Over the years more than \$48,000 has been raised for worthy causes such as homelessness and the work done by McMaster University's Student Outreach Collaborative.

Through word of mouth from several of his regular clients, this year Snow has included Neighbour to Neighbour Centre in the mix of local groups he'd like to help.

"It's important to give back to the community," said Snow, who has been in business 40 years.

"I'm passionate about what I do and this event is always enjoyable because although it's a busy day, it's an opportunity to get together with colleagues in the industry too."



A green and yellow Paper Retriever Bin is now located at the back of our building, at 28 Athens Street.

Our paper bin will benefit the environment, our local community, and programs and services offered at the centre. We collect funds every time the bin is emptied!

Please feel free to fill it with your old newspapers, magazines, catalogues, office/school papers, mail, window envelopes, workbooks, general paper, books, phone books, and shredded paper (put in clear plastic recycle bag).

"HELP IS JUST A NEIGHBOUR AWAY"

A couple's promise to Canada

Galena and Hugo are a young married couple who emigrated in July 2009 from Colombia due to political strife and economic upheaval.

A pregnancy followed by the untimely death of the couple's baby strengthened their resolve to leave the stress of their homeland.

Each has a Master's degree: Hugo's in business and Galena's in science. With their education and work experience Hugo, 36 and Galena, 32 were confident they could live a better life in Canada.

"We knew it would be a safer place to live, for sure," says Hugo who, along with his wife, is improving his English-speaking skills daily through English-as-a-Second-Language classes.

They have dreams, big dreams to become productive, tax-paying Canadian citizens and to help others in the same way that volunteers and staff at Neighbour to Neighbour are helping them now.

While the Foodbank has nourished them, Employment Services has helped them put their work credentials on paper and given them invaluable interview and job searching skills.

"This is a big help that Canada has done for us, and now we are surviving well here," said Galena.

It was difficult for Galena and her husband to leave family, friends and possessions behind in Colombia — basically their whole life as they knew it.

"It's hard for us to be so dependent on the help from the government and from charities," says Galena.

"But we know we can do more for this country and we will, because we are grateful for all the help we have been given along the way," says Hugo.

Homework helpers on duty



The Children's Tutoring Program has added a new dimension to its assistance for students. A new after-school homework program has been launched as a pilot project at Eastmount Park School on East 26th Street.

The academic support program began Feb. 3. Every Tuesday, Wednesday and Thursday from 3 to 5 p.m. four to five volunteers are available to help up to 25 Grade 1 to 6 students with their homework.

Numeracy and literacy assistance and fun activities focused on those two educational areas are available, as well as arts and crafts. The program is currently available to students from Eastmount Park. This pilot program is funded by the Ministry of Education through the Hamilton Wentworth District School Board.

Backpacks grow on Christmas trees

Neighbour to Neighbour is grateful to the CHML/Y108 Children's Fund for providing more than 200 backpacks filled with books and school supplies to the graduates of our Children's Tutoring Program for the past two years.



Children's Tutoring Program support

Thank you to the businesses and organizations that financially supported the 10 schools that ran Children's Tutoring Programs during the 2009-2010 school year. For the upcoming school year Neighbour to Neighbour is hoping to fund all 10 schools that currently offer the program. That means we need 10 generous donors to each adopt a school. It costs \$7,000 per school to train nine to 12 tutors and help 15 to 20 students improve their reading skills with over 30 hours of one-on-one help. This cost also includes all books and teaching supplies used throughout the year, as well as an end-of-year graduation certificate. Please call Deban at 905 574-1334 for more information about supporting this important effort.

Now more than bricks and mortar

Neighbour to Neighbour Centre is finally mortgage free. After 25 years of support from the community, it is a welcome accomplishment. Thank you to the Canadian Alternative Investment Co-operative and the Sisters of St. Joseph for their assistance in helping us erase this financial burden. Eliminating this overhead expense enables us to focus more finances on resources, programs and services.



"HELP IS JUST A NEIGHBOUR AWAY"

Revamping lives begins at home

After 22 years of marriage, Sandy Zoskey found herself a single mom of three. Free from the mental abuse inflicted by a controlling partner, Zoskey was suddenly faced with a sea of new unknowns such as paying bills, raising children and keeping a household organized. She had no job, no money and little self-esteem left.

Jayme Green is struggling to keep her family life in order because life with two special needs children turns routine into a topsy-turvy existence.

Odilia Salas has survived three bouts of cancer, but lost her job, husband, car and other material possessions over the years. The single mom of two is now trying to live life with less and is keen to organize her finances.

These women and others are benefitting from a new Neighbour to Neighbour program called Home With a Heart.

Over 10 to 12 weeks, on Tuesday mornings for three hours Anita Joldersma, a mother of six, demystifies home management such as parenting strategies, budgeting and finances, establishing routines, meal planning, and destressing. With childcare provided, as well as bus tickets, snacks and plenty of free stuff, women are helped to forge a path toward independence.



Home With A Heart participants Odilia Salas, left, Sobia Jamil with daughter Norara, Sandy Zoskey, instructor Anita Joldersma and Jayme Green.

Keeping a roof over your head

Housing Help advocate Henry Aviles is a familiar face at Neighbour to Neighbour Centre on the first Tuesday of every month. For the past four years he has been answering myriad questions Neighbours have about their housing situation.

“Sometimes people are afraid to ask,” says Aviles. “Coming to the Centre is Housing Help’s way of bringing the Mountain to Mohammed,” he says of the familiar adage that encourages adaptability.



Typically he’s faced with queries about preventing eviction and how to secure affordable housing or an apartment.

With an array of pamphlets on tenants rights, rental grants, maintenance and repair information, and subsidized and supportive housing programs, Henry is the voice behind those pamphlets, explaining in a respectful manner all that Neighbours need to know about keeping a healthy, sound roof over their heads.

New Centre logo

You are getting the first look at Neighbour to Neighbour Centre’s new logo.



It was designed by Albanese Branding, a longtime supporter of our charitable organization.

According to Ryan West, co-ordinator at the York Street firm, “The objective of the logo redesign is to provide Neighbour to Neighbour with a more professional looking logo that speaks to the support the Center provides to people who need help.”

Mission accomplished.

“HELP IS JUST A NEIGHBOUR AWAY”