

COMPASS DIRECTIONS

Lakeshore Community Outreach Centre Inc. | Fall/Winter 2016



Men's Group takes a Message to Parliament Hill



PHOTOS BY MEN'S GROUP LEADER RICK PENTON

1. Sven Spengemann, MP for Mississauga-Lakeshore with Richard Antonio, from the Compass Men's Group;
2. Representatives from the Compass Men's Group in Ottawa.

On June 8, the Canadian Government celebrated 150 years on Parliament Hill and 12 members of the Compass Men's Group were there. But they weren't just on a field trip for the anniversary. They were delivering an important petition signed by more than 250 community residents. Organized by Richard Antonio, on behalf of the Compass Men's Group, the petition asked politicians to consider the financial concerns, challenges and hardships of low-income Canadians.

MP Sven Spengemann was a Compass volunteer until he won the election for the Mississauga-Lakeshore riding. After winning, he came to the Compass Men's Group to talk about the campaign, the role of MPs, the new government, and his role in it. During the meeting he challenged the men to make their views known through a petition and bring it to Ottawa. The group considered various issues and decided to focus on poverty. The petition, referred to an OECD finding that 35% of Canadian workers in temporary work, part-time work or self-employment live in poverty, the highest rate among all OECD countries. The petition specifically asked the Government to assist by providing short-term relief measures and creating pathways to the middle class.

"Richard did an outstanding job with the petition. He did the research on poverty in Canada, wrote the first and many subsequent drafts, promoted it at the Compass and churches, and coordinated delivery of the petition with Spengemann's office. I don't know how we would have done it without him." said Men's Group leader Patrick Vincent.

It was also Antonio's first trip to the Parliament buildings. "I had seen Parliament on TV, but it was nice to see it personally. ... It was amazing to be there for the 150th anniversary. The library was exquisitely designed and the view from the Peace Tower was beautiful." *More on next page*

Men's Group cont'd...

Antonio has since been approached by other social-justice oriented groups hoping he will help them develop petitions. One of these focuses on more funding for affordable housing. Antonio points out that "many Compass clients are precariously housed or even homeless."

Added Vincent: "This was a first for us and we were not quite sure what to expect but we received a warm welcome from Sven, delivered a petition addressing a significant concern to the Compass Men's Group, learned about how our government works, grew closer as a group and had fun. God was good to us and we could not have asked for more."

HOT NEWS: The petition delivered by the Men's group on June 8th, was presented in the House of Commons by Sven Spengemann on Friday November 18th. **Watch a video of the presentation on the Compass Facebook page at <https://www.facebook.com/TheCompassFoodBank>**

We Appreciate Our Volunteers!

Eighty-eight volunteers were celebrated at a Volunteer Appreciation evening on October 18 at First United Church in Port Credit.



MEET AN INTERN



SHERYL DARLINGTON This year, the Compass decided it needed help focusing on the tech side of things. Sheryl Darlington, who began a 25-hour-a-week internship in October, will evaluate volunteer-management software packages for the board's consideration and will also work to improve the Compass's website.

After completing a BScH at Queen's University, Sheryl finished an intense computer programming course and spent about six years as a project manager at the Bank of Montreal. She then spent a number of years living in Australia and raising young children. She returned to her Clarkson hometown in 2013.

When her son and daughter started full-time school, Sheryl volunteered at the Compass, working in the office and then covering for Elaine McCarthy, manager of volunteers, during her medical leave. "The Compass feels like home now. I feel grateful to be part of something like this," Sheryl says of her time at the Compass.

HILLSIDE PLACE RESIDENTS GIVE BACK BY HELPING THE COMPASS

The community of seniors at 2440 Truscott Drive, together with Howard MacGillivray and a team of friends and neighbours, has organized and collected truckloads of donations over the past five years for the Compass.

MacGillivray says that the residents' association used to charge for activities such as barbecues and parties, but now they ask everyone to bring something to donate.

Once MacGillivray suggested the idea, it caught like wildfire. "Everybody wanted to contribute as long as it was going to the Compass," he says. "They didn't mind buying two or three extra items."

But it didn't stop with a donation of a few canned goods. Some of the women in the building who like to knit asked if they could make hats, scarves and mittens to give away. This will be the third winter that their warm hand-crafted garments are on Compass shelves. Recently, the building residents kicked off a toy drive in the building.

Back when his three children were young, MacGillivray struggled as a single dad and recalls getting a lot of help from St. Christopher's parish where he attended. Later, when the Compass was formed, he was able to contribute to the Compass food drives through St. Christopher's. Along the way, he had the idea that his Hillside Place community could donate directly to the Compass and now he is excited to talk about how much their association has been able to do. "There's a whole team here that does the work. I just had the idea and everybody thought it was a great idea and it seemed to snowball from there."

Another Hillside Place resident, Katica Povzan, volunteers every Friday morning helping to repackage food and get the Market ready for business. Povzan also raised her children as a single-parent and is now caring for her bed-ridden mother. She loves working at the Compass. Povzan also leads a small volunteer gardening team at Hillside Place. Faced with a tiny budget, her team overwinters geranium cuttings in pots in their apartment windows to avoid the expense of buying new annuals in the spring. "I don't know how to explain how happy I am to be there (at the Compass) and doing things for others."



From left to right: Theresa Darrigo, Ricky V.P. Vaek, Audry Hindes, Howard MacGillivray and Neil Scheele.



Christmas Gift Suggestions:

- To your enemy, forgiveness.
- To an opponent, tolerance.
- To a friend, your heart.
- To a customer, service.
- To all, charity.
- To every child, a good example.
- To yourself, respect.

— OREN ARNOLD

Training Session 'Unites' Volunteers

Fourteen Compass volunteers completed a two-day mental health first aid training course in the fall. All participants were pleased with the course and many said they will use the skills they were taught, especially for conflict resolution.

"The instructor has 20 years working in corrections, so she added extra information to the course and taught de-escalation techniques that she uses in her field," said Elaine McCarthy.

Volunteer Richard Dundas said he learned that "people come in to the Compass on a daily basis and they all put up a good front, that everything is fine...but if you show enough interest and compassion, there are things you could discuss with them. (There are ways) to address (people's concerns) without prying or being invasive."

All participants received a certification in Mental Health First Aid.

COMMUNITY UPDATES

Generous Donor repairs Van for Family

Sil's Complete Auto Care Centre was about to celebrate 40 years in business. Instead of throwing a big anniversary party or host wine & cheese drop-ins for their faithful customers, President Carlo Sabucco wanted to do something more significant and make a real difference to someone. So he approached the Compass and asked if his company could donate a significant gift of auto repairs to someone in need.

Compass staff selected a community member who had a 10-year old van desperately needing repairs and Sil's performed approximately \$2,500 worth of work on the vehicle. They also donated a full interior and exterior detailing and a one-year CAA membership.

The client who received this generous gift was thrilled. "If they hadn't done the work, we would have been stuck on the bus and limited to local travel," she said. "And it isn't just me.

I share the vehicle with my daughter and my grandchildren. This is probably the last vehicle I can afford and this work will extend the lifetime another three or four years."

Sil's Complete Auto Care Centre (www.mechanicmississauga.com) is a family-run business at Winston Churchill Blvd. and Royal Windsor Drive.

Refresh Bible Studies

Refresh Bible Studies have moved to a new time: 10:30 a.m. each Saturday and are followed by a lunch. Led by Lionel Albert.

Market Added a Third Protein Option

We have added ground pork for our clients in the market. Our consistent protein options are now Basa fish fillets, chicken (thighs, drum or quarters) and ground pork.).

*From our hearts to yours,
Merry Christams*



WWW.THECOMPASS.CA

310 Lakeshore Road West, Mississauga, ON L5H1G8

(at Benson, two blocks west at Mississauga Road, on the north side)

905-274-9309 Info@thecompass.ca

