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FALL 2011 - QUARTERLY NEWSLETTER

ANNUAL GENERAL MEETING AND RECEPTION

Wednesday, October 26, 2011

at the Community Support Centre of Haldimand-Norfolk
103 Inverness Street, Caledonia

Registration and Refreshments - 6:00 p.m.
Annual General Meeting - 6:30 p.m.

Please RSVP by: Monday, October 24, 2011
905-765-4408 or info@haldnor-communitysupport.ca



The Community Support Centre
and the
Caledonia Rotary Club
presents their



7TH ANNUAL GALA EVENT

A NIGHT IN VEGAS

Saturday, February 11, 2011

Doors Open 6:30 p.m.
Dinner 7:00 p.m.

McKinnon Park Secondary School
91 Haddington Street, Caledonia

For tickets or info contact 905-765-4408 or info@haldnor-communitysupport.ca

**WELCOME
LAS VEGAS**

\$55 per person

- ★ Full-Course Dinner
- ★ Fine Wines
- ★ Dancing
- ★ Auction & Draw Prizes.

Net proceeds to support ongoing programs at The Community Support Centre and The Rotary Club

More details to follow

EVENTS TO LOOK FORWARD TO:

- October 17, 2011 - Food For Thought Symposiums
- October 26, 2011 - Annual General Meeting
- November 20, 2011 - Food For Thought Symposiums
- November 26, 2011 - Rotary Annual Christmas Auction
- Throughout November - Frugal Cooking
- February 11, 2011 - 7th Annual Gala Event "A Night in Vegas"

Creating a Caring Community

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FOOD FOR THOUGHT - CYPRES 55 +

The Haldimand Abilities Centre (HAC) and the Community Support Centre Haldimand Norfolk have now completed 2 of the 4 symposiums entitled Food for Thought for older adults. The first symposium 'Exercise at any Age' in April was a great success. Over 100 people attended and our 72 year old guest speaker Edna Levitt did prove that you can exercise at any age. The second symposium 'Healthy Aging and Nutrition' in May focused on healthy nutrition, natural healing and hands-on techniques.

The third symposium 'Historical Approaches to Healthy Aging' on October 20th will be held at the Ebenezer Christian Reformed Church in Jarvis. Guest speakers will talk about historical tradition of herbal medicine, the history and evolution of yoga and why detoxification and digestion are so important.

Our last symposium 'Relaxation Techniques for Healthy Aging' on November 17th will be held at the Gateway Church in Caledonia. Marnie Cunningham will talk about the benefits of music and her ukulele band will play. In addition, we will talk about healing herbs and gardens, and other techniques.

Please call 905-765-0060 to register for the last two symposiums.

COOKING COURSE

The Caledonia and District Food Bank is offering a four week cooking course - 'Frugal Cooking'. It is designed for participants of the Food Bank and is FREE.

Every Friday in October from 11 a.m. to 1 p.m. Participants will meet in the CYPRES kitchen to make their own lunch using items from the Food Bank, local produce and other inexpensive items.

Participants must sign up at the Food Bank as space is limited.

October's sessions are full.

November's sessions are: 4, 11, 18 and 25th.

Please call 905-765-9287 to sign up

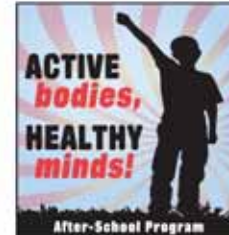


ROOTS OF EMPATHY

Dawn Trepasso-Vresk, Program Support Co-Ordinator will be instructing Roots of Empathy (ROE) at two Haldimand schools this season. She is very excited to be working with Mrs. Anne Snyder and her grade one class from Onieda.

ROE started 15 years ago and has a proven success in raising levels of empathy in children, striving to break intergenerational cycles of abuse and violence while building caring, peaceful and civil societies.

The Community Support Centre Hald-Nor would like to give a big thanks to Salverda Enterprises for a very generous donation to this program.



CYPRES ACTIVE LIVING CENTRE

children's programs would like to thank Scotiabank and McDonald's of Caledonia for the McHappy Day fundraiser in May. \$3,262.41 was raised. Monies will provide the children with enhanced summer camp and after-school programming.

Licensed child care is provided to the community for children ages 4 -12 years. CYPRES Active Living Centre, offered a wonderful summer camp program. Creative and interesting programs for children ages 4- 12 years. The children enjoyed swimming, arts/crafts, cooking, sports, music, art and games. A special event took place each week; puppet shows, magician, exotic pets, ventriloquist, Mad Science and a trip to Ruthven and Lighthouse Theatre in Port Dover. A group of young boys were thrilled to be a part of 'guitar building' organized with Caledonia Music Centre.



Our before and after-school programs are now located at Centennial Public School and St. Patrick's Catholic School. The new 'Early Learning Kindergarten'—an extension of the Ontario Curriculum day program at Centennial provides 20-JK and SK children with 'play based learning' supervised by a Registered Early Childhood Educator. Children ages 6 – 12 years participate in our 'Active Bodies, Healthy Minds' program which includes an hour of physical activity,

healthy snack and an hour of homework assistance. ABHM will also include art, music, dancing, yoga and some basic first aid training this fall. CYPRES programs include PA days, Christmas Camp, March Break Camp and summer camp programs.

EMPLOYMENT ONTARIO RESOURCE CENTRE

continues to offer free services for job seekers and employers. We offer one-to-one assistance and advice in the areas of: resumes, cover letters, interview skills, job and volunteer posting, job search techniques, occupational and training information. Internet, fax, photocopying and telephone service is also available to job seekers.

The Employment Facilitator is available to assist you Monday to Friday 8:30 a.m. to 4:30 p.m. Please feel free to call or drop in.



HELPING HANDS FOR HALDIMAND

I would just like to say thank-you to everyone who donated, volunteered and had encouraging words in support of the following programs.

In April and May 8 young girls were thrilled to be able to access free prom dresses and accessories from **The Feel Like A Princess Program**, not only was it very exciting but very rewarding to spend individual time with these girls.

Through -out the year **The Clothing Closet** was set up to provide free clothing for clients in need, and was accessible every Friday from 9:30 to noon.

The Stay Warm Program is getting ready for the winter months to provide warm coats and winter apparel to families from Haldimand.

The Back Pacs 4 Kids was amazing this year as always, with 77 students registering from the Caledonia Food Bank and the Community Support Center of Haldimand-Norfolk.

Thank you for your compassion and kindness in helping those in need.
Linda Jewell



THE ROTARY CLUB

The Rotary Club is grateful to have the opportunity to meet regularly in the boardroom of the Community Support Centre, 103 Inverness Street. We are surrounded with like minded people, people who are assisting our community wherever help is needed in a variety of programs for our young persons and our more mature ones. The Rotary Club is happy to support all the programs.



Coming soon, on November 26th, is our Annual Christmas Auction held at the Notre Dame School, 7-11:3pm. Proceeds from this year's auction will go towards building a pavilion along the Rotary Riverside Trail, building a dam in India and continued eradication of polio worldwide. This is a great evening, and we hope to have lots of our community neighbours join us in the fun. Currently we are completing our Dictionary Project. The Rotary Club is donating to every Grade 3 child in Caledonia a Canadian Dictionary for their very own. Next year we hope to expand the program to all the Grade 3's in Haldimand.

We wish to thank the Board of Directors for their kindness in allowing us the use of the boardroom to meet in, and are happy to be considered as part of the family of services providing help to Haldimand County.

103 Inverness Street, Caledonia, ON N3W 1B1