



# VILLAGE VOICE

## HUSTLING4HEALTH AND HAPPINESS



On May 27th, the sky was a turquoise blue, the sun was shining, the temperature was perfect, and more than 350 people from throughout the Greater Toronto and Hamilton Regions came together to support seniors and celebrate family, at the Shalom Village Foundation's *Hustle4Health*.

Although this year was the 18th annual *Hustle4Health*, this was only our 2nd year since moving the event to late spring. Thanks to your support, this year's event was one of the best we've ever seen. With over 200 participants and incredible

exposure from our media partners, we were very pleased with the results from the 2019 Hustle.

As this remarkable event continues to grow and evolve, we're delighted to see so many diverse participants. People of all ages, abilities, backgrounds and ethnicities come together to walk, run, play giant Jenga puzzles, enjoy face painting, eat, drink and experience the joy of being surrounded by people who care about their community and the seniors who call Shalom "home".



One of the individuals who joined us for the first time was Paul Davies. Paul was joined by his teammates from the Halton Region Police Service, and they made a wonderful addition to this year's event. Paul was kind enough to leave a comment on our YouTube channel and we wanted to share his kind words with everyone:

*“What a great day, a great experience and a great cause! My family and I (4 generations) all attended and participated in the 5km walk and the 5km run. We were made to feel so welcome. The residents, staff, volunteers and families made us feel like members of the community. My 4 year old Shiloh Shepherd also ran with me in the 5K and she got a medal at the end! This is definitely an event we plan to make annual for our family and friends. We are so heart-warmed to know we have helped to promote active living at Shalom Village and helped improve the lives of the residents of our adoptive community! A great job was done by all the organizers and volunteers! “*

~ Sincerely, Paul Davies, Georgetown, Ontario



Hustle 4 Health participants, supporting seniors and celebrating families



*Hustle4Health* began as a race event, but has become a fun-filled family day for young and-not-so young, alike. We're always looking for ways to make the day more fun for everyone, so if you have feedback or suggestions, please don't hesitate to share your ideas with us.

We hope you'll join us for the 19th annual *Hustle4Health*, which will take place on May 30th, 2020. We promise you'll have a great day – and while you do so, you'll make an enormous difference in the lives of Hamilton area seniors.



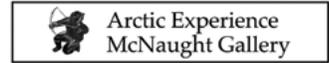
Funds raised from *Hustle4Health* support health and wellness programs for the residents of Shalom Village, as well as seniors living independently throughout the Hamilton region. These programs ensure that seniors live longer, happier, healthier lives, while providing them with the opportunity to socialize with their peers. Everyone at Shalom Village is tremendously grateful for the support of our sponsors, prize and food donors, participants, volunteers and staff, who came together to make this year's event a memorable one.

*Hustle 4 Health* participants, supporting seniors and celebrating families



Hustle 4 Health participants, supporting seniors and celebrating families

# Shalom Village would like to thank the following corporate sponsors who made gifts of \$1000 or more:



Thank you to the individuals and families who pledged \$1000 or more to this year's *Hustle4Health!*

Rosenberg Family    Irving & Joyce Dain

Phil Rosenshein

Adelman Family    Marvin & Gloria Wasserman

# Columbia International College & Shalom Village: Sharing, Caring and Contributing

Many of you may not have heard of Columbia International College (CIC), but at Shalom Village, the students of CIC have been a tremendous source of inspiration, volunteers and donations for many, many years.

Forty years ago, CIC started out with a handful of international students and a dream to help students from other countries come to Canada to enhance their education and to both learn from us and share their knowledge and experience with Canadians. Columbia International College is the largest boarding school in Canada. It's 18,000 students come to Canada from over 100 countries, and attend classes ranging from Grades 7 – 12. Students come from countries like China, Brazil, South Africa, Nigeria, Russia and more!



Columbia International College is unique in its approach to international education, because it works very hard to give students a fulsome experience of life in Canada. Part of that experience includes working with local partners to provide students with meaningful volunteer experiences, as well as other ways to give back to their Canadian hosts.



Shalom Village has benefitted from this in a variety of ways. Each year, the students of CIC join the *Hustle4Health* volunteer team to help us make sure the event runs smoothly, and that participants are cheered on as they cross the finish line. In previous years, students from CIC have visited Shalom Village to share stories of their lives and cultural influences from home. In many cases, our residents are learning about cultures they may never have experienced first-hand before.

In addition to their activities at Shalom Village, CIC students are achieving great things and being recognized in unique ways. Currently, the United Nations Association of Canada is working with CIC students to provide them with real-world experiences that UN delegates might experience. This includes visiting the UN headquarters in New York, identifying major current issues, and working collaboratively with other students to help find and present solutions to these issues.

Additionally, the staff and students at CIC are thrilled to have students who are receiving the Duke of Edinburgh Award. This award requires an enormous commitment. The Gold Project requires a 2 year commitment... something most adults would struggle to fulfil. There is some hope that the Duke himself may even present this year's award!

Lastly, in recent years, Shalom Village has been the recipient of significant donations from the students at CIC. Each week, students are offered the opportunity to dress casually. To take advantage of the casual dress code, students make donations. Each year, the student choose

**\*\*Shalom Village: Founded by the Jewish Community, for the benefit of all individuals throughout the Hamilton Region, our Jewish values and traditions ensure that all residents and participants benefit from the respect, compassion and dignity inherent in the Jewish faith. Shalom Village welcomes and celebrates individuals from all backgrounds and faiths.**



which charities will benefit from their donations, and in recent years, the students have opted to share some of the donations with the Shalom Village Foundation.

The inspiration, enthusiasm and genuine concern for others that we see from these remarkable youth gives us all a good reason to be optimistic about the future. When we are able to look out and see some of the youngest people we know, excited to interact and support some of the oldest people we know, we're overwhelmed by the hope it inspires.

To all the students and staff who make Columbia International College a special place, we salute and thank you and we hope we can continue to enjoy our special relationship for at least another 40 years!

## “IT’S A SMALL WORLD” ...

... or so almost everyone has said at one time or another, since the invention of the horseless carriage and the flying machine. I’ve said it again, several times since my dear wife passed away last May, and for good reason I’m sure you will agree.....

Now you have to go back in time with me to the mid-1970s, although the exact month, date and even year? don’t really matter so far as this story is concerned. I had just started my nine year stint as a local uniformed police ‘Safety Officer’ back then. It was my new special duty to visit literally thousands of public school children all over the region to preach Elmer’s, (and many other), child safety rules. This I managed by speaking to individual classrooms or sometimes at whole school assemblies, dependent upon the courtesy of the principal and availability of resources.

Now, please jump ahead to the end of last May, where I was snoozing on my side of the room, as my late wife’s photos and other goodies were now dispersed to the rest of my family. A new tenant would soon move in to where my dear wife had been. (I must confess to a mountain of misgivings at the prospect). Theresa and I had been quite comfortable together here at Shalom Village for about five years, as much as the prior fifty nine years of blessed togetherness allowed since September 10th, 1955.

Two delightful ladies, some thirty-five years my junior were escorted into my room to size it, (and ME), over! Suddenly, my room was filled with exceptionally happy sounds as the two ladies recognized ME as their former child-hood ‘Safety Officer’ from about 40 years back that-away.

“SMALL WORLD”, indeed!



~Darryl Buckle, Guest Author, Shalom Village Resident

# CELEBRATING 90+ YEARS!

The following apartment residents are celebrating 90 years or more. Join us in wishing them a Happy Birthday!

Esther Alexander  
Kathlyn Lawrence  
Naomi Metter  
Shirley King  
Johanna Meyer  
Phil Rosenshein  
Sura Apel  
Ida Shuman  
Dorothy Westmore

**IF YOU ARE AT LEAST 90 YEARS OLD  
IN JULY OF 2019:**

You will have lived through some exciting and difficult times. Among the more positive events in 1929 is the “Person’s Case” and “The Famous Five”, which declared women to be “persons” under the law.

If you were were listening to music that summer, you’d likely hear *Walk Right In* by Cannon’s Jug Stompers, *Ain’t Misbehavin’* by Fats Waller, or *Singin’ In The Rain* by Cliff Edwards. It’s interesting to note that many of us today have enjoyed popular versions of these songs many decades later.

Even in 1929, Canadians were very concerned about how we were perceived internationally. In the August issue of *MacLean’s Magazine*, an article was published asking “Why is it that men and women from the Old Country display such appalling ignorance of Canada and things Canadian?” If you’d like to see more of that issue, you can access *MacLean’s* archives free at the following URL:

<https://archive.macleans.ca/issue/19290815>



## *Shalom Village* *38th* *Annual Tea*

Love Events?  
Don’t be blue...

**The 38th Annual Shalom Village  
Ladies Auxiliary High Tea**  
is just around the corner.

Grab your friends and your best tea outfits, the Shalom Village Ladies Auxiliary High Tea is the place to be on **September 18th, 2019** at 1pm. Enjoy our signature tea sandwiches, home-made baked goods, exquisite tea, great prizes and even more fun!

Invitations to Follow.  
For inquiries or volunteer opportunities, please contact Kathleen Thomas at:

905-529-1613 X264

