



October 2024

The COMMUNITY CHRONICLE



BROUGHT TO YOU BY THE SOHO COMMUNITY ASSOCIATION

 October's ISSUE

 We Give Thanks!

Recipe Corner

Canadian Thanksgiving

Children's Museum Free Events

Movie Night

Anova October Needs

City of London Garbage & Recycling Schedule

Night Out

Business Supporting SOHO

The SOHO Story

Help Us, Help Others



Take our Community Survey

Welcome to the SOHO Community Association October newsletter. This is our third edition of the newsletter of what is new and exciting in our neighbourhood. Our mission is to connect our friends and neighbours in creating a sense of community and belonging.

Visit our new website and follow us on Instagram and Facebook



SO HO RECIPE CORNER – APPLE CIDER

8 apples quartered (your fav but make sure not too tart!)

4 whole cinnamon sticks

1 tablespoon whole cloves

1 teaspoon whole allspice

5 cups water

5-6 cups apple juice. Low acid

1/4 cup brown sugar

1 medium orange thickly sliced

Add all ingredients, EXCEPT brown sugar to slow cooker. Cook on high for 3 hours.

Mash apples. (It will kinda look like a loose apple sauce).

Add in brown sugar and cook additional 3 hours. Adding more apple juice if needed as you go.

Strain the solids from the liquids after last cook time.

This can go back into slow cooker and stay warm or stored for up to a week in the fridge and reheated in microwave.

Pro Tip: Goes great with a Canadian Whisky!



SO HO THANKSGIVING – A DIFFERENT PERSPECTIVE

Indigenous Perspectives and Inclusive Celebrations: a Canadian Thanksgiving



The Thanksgiving Address (the Ohen:ton Karihwaterhkwen) is the central prayer and invocation for the Haudenosaunee (also known as the Iroquois Confederacy or Six Nations — Mohawk, Oneida, Cayuga, Onondaga, Seneca, and Tuscarora). It reflects our relationship of giving thanks for life and the world around us.

We open and close every social and religious meeting with the Thanksgiving Address.

@lofttan

Thanksgiving, a time when families gather around tables laden with turkey, stuffing, and pumpkin pie, is a cherished tradition in Canada. However, beneath the surface of this seemingly innocent holiday lies a complex history and a myriad of issues that make it problematic for many. As we approach Thanksgiving, it is essential to reflect on its origins, acknowledge the concerns surrounding its celebration, and explore ways to make the holiday more respectful and inclusive for all.

Actively affirm that anti-racism and decolonization work is the responsibility of everyone not only during Thanksgiving, but always.

[Read about the origins of Canadian Thanksgiving from a different view that connects our Thanksgiving feast with Indigenous food](#)

TD Free Family Fun Night

TD Free Family Fun Night is an opportunity for all families to enjoy an evening of free admission, made possible by our friends at TD. [Details](#)

 Thursday, October 10, 2024 | 6:00 PM – 8:00 PM

 London Children's Museum, 21 Wharncliffe Road S, London

 Free

STEAM: Balloon Rockets

Craft and streamline everyday materials into a rocket! Explore force, energy, and thrust to blast your balloon rocket up to the second floor! [Details](#)

 October 10 – 14, 2024

 London Children's Museum, 21 Wharncliffe Road South, London

 General admission; Free for members.



MOVIE NIGHT

Mark your Calendars for October 26th @ Meredith Park – Watch for Details on our Socials!



anova

OUR NEEDED ITEMS

OCTOBER

Anova accepts new and gently used items. Reducing costs through donations from the public helps ensure our essential services continue to be FREE for those we serve.

FOOD AND KITCHEN NEEDS

- instant coffee
- cooking oil
- sugar
- school snacks/Halloween candy
- juices
- cutlery - new or gently used

SHELTER NEEDS

- dish soap
- laundry detergent
- toilet paper
- paper towels

RESIDENT NEEDS

- women's gifts
- new women's pj's (small-XL) any season
- new children's pj's (2T-16) - all genders
- new children's slippers
- shower puffs, facial wipes,
- new women's and children's hair accessories



Back to School especially gender neutral backpacks (check items on clearance!)



new strollers and new high chairs or high chair seats

Navigating the world of donations can be a delicate balance of generosity and consideration. We kindly request donors to **be mindful of the condition of their items**. Please ensure donated clothes are thoroughly dry, and avoid donating items that have been through extreme conditions. Your mindfulness not only saves valuable time but also ensures that every donation makes a meaningful impact. Thank you for your understanding and continued support of Anova.

**Donation Centre: 1067 Wellington Road S.
Tuesdays and Thursdays, Noon to 3:00 pm**

Up-to-date information can be found at www.anovafuture.org/donations

**Donations accepted at the Get to Know SOHO Market
Sunday, October 6 @ Meredith Park - 11am to 4pm**





Collection Schedule

October 2024 - September 2025

ZONE C2

Residential Green Bin, Recycling, Yard Waste and Garbage Collection

OCTOBER 2024							NOVEMBER 2024							DECEMBER 2024							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5						1	2	1	2	3	4	5	6	7	
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14	
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31					
JANUARY 2025							FEBRUARY 2025							MARCH 2025							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
			1	2	3	4							1	2	3	4	5	6	7	8	
5	6	7	8	9	10	11	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
12	13	14	15	16	17	18	9	10	11	12	13	14	15	16	17	18	19	20	21	22	
19	20	21	22	23	24	25	16	17	18	19	20	21	22	23	24	25	26	27	28	29	
26	27	28	29	30	31		23	24	25	26	27	28	1	30	31						
APRIL 2025							MAY 2025							JUNE 2025							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
			1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	
27	28	29	30				25	26	27	28	29	30	31	29	30						
JULY 2025							AUGUST 2025							SEPTEMBER 2025							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5					1	2		1	2	3	4	5	6		
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13	
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20	
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27	28	29	30	31			24	25	26	27	28	29	30	28	29	30					

Holiday - No collection
 Collection day moves one day ahead
 Green Bin & Recycling
 Green Bin, Recycling & Garbage
 3-Container Exemption Garbage Collection
 Yard Waste Collection Week
 This document is available in alternate formats upon request



NIGHT OUT

OCT
24
2024



Presented by TD

LIGHT THE WAY.

Stories and Starlight: A night under the stars to walk and talk about domestic violence.

Join us for an evening of solidarity under the stars to raise funds and awareness for domestic violence prevention. Your participation in the Royal LePage Shelter Foundation Night Light Walk on **October 24** is a chance to give back and share a magical night of light with like-minded neighbours, friends and family.

Sign up at nightlightwalk.ca



100% of all proceeds raised are directed to Anova House, Ingamo Homes, and St. Thomas-Elgin Second Stage Housing, so sign up today knowing you will be making a real difference. With your support, we can help light the way forward for so many women and children who are ready to take their first brave steps away from violence.

In support of



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CLOTHING LTD.



PURPLE LIPS

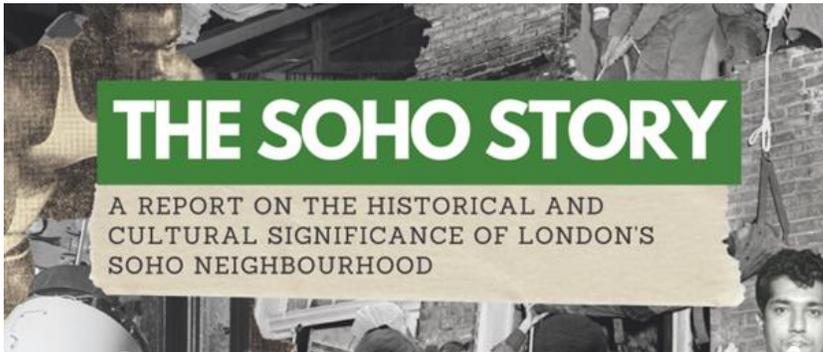


Do you know of someone in our community that can use a helping hand? Do you want to help others in an anonymous way?

This fall/winter season we are supporting a young family in our SOHO Community with 3 children. This family is new to our community and needs basic groceries, baby formula, winter clothes & boots, and Christmas gifts. We will have more information available for those that are interested. Email us at soho.london.ca@gmail.com

Any clothing items that are not usable for this family will go to the needs list for Anova Women's Shelter.

SO HO SOHO FAMOUS FIRSTS – AN EXCERPT FROM [THE SOHO STORY](#)



6.5 Famous Firsts

The list explores those famous for their role as a 'first' in some capacity.

Dr Irwin Nobert Antone: Dr Antone, from the Oneida Nation of the Thames, was the first Indigenous student in medicine at Western, graduating in 1976. He served his internship at Victoria Hospital,

focusing on family medicine.⁵⁰⁸ After his internship, Dr Antone served his community as a physician-the primary reason he became a doctor-with an emphasis on diabetes, through the Native Outreach Program of the Ontario Diabetic Association at the Southwest Middlesex Health Centre.⁵⁰⁹ He taught at the Northern Ontario School of Medicine and published research on maternity and palliative care, as they relate to Indigenous peoples.⁵¹⁰ One of his biggest accomplishments was being a member of the National Roundtable of the Royal Commission of Aboriginal Peoples in the 1990s, a precursor to the Truth and Reconciliation Commission.⁵¹¹

Marjorie McKee and Grace Moore: They were the first women faculty. The 1919-20 pre-school announcement listed McKee as a laboratory assistant in pharmacology and Moore as an assistant in chemistry.⁵¹²

Dr PJ McKibben: He was the first dean of the South Street campus. Under his guidance, the Flexner report raised its rating of Western's medical school from a C to an A, but he resigned in 1925 because of poor health.. He remained in London and received an honorary LLD award for his efforts to improve the medical school's facilities.⁵¹³

Dr Kathleen Braithwaite Sanborn: Dr Sanborn was the first female graduate of the South Street medical school, doing so in 1924. She opened a practice in Windsor with her husband Dr Clare Sanborn, also a Western graduate.⁵¹⁴

⁵⁰⁸ "Class of '76 Internships," *University of Western Ontario Medical Journal* 46, 4 (1976): 18.

⁵⁰⁹ Anne Gilmore, "Canada's Native MDs: Small in Number, Big on Helping Their Community," *Canadian Medical Association Journal* 142, 1 (1990): 54.

⁵¹⁰ Len Kelly et al., "Palliative Care of First Nations People: a Qualitative Study of Bereaved Family Members,"

Canadian Family Physician 55, 4 (2009): 394.

⁵¹¹ Royal Commission on Aboriginal Peoples, *The Path to Healing: Report of the National Round Table on Aboriginal Health and Social Issues* (Ottawa: Canada Communication Group, 1993).

⁵¹² Barr, *Century of Medicine*, 281; "Faculty Listings," *Western Medical School Announcement 1920-1921* (London: Western University, 1920), 26, 23.

⁵¹³ Dr PS McKibben (1921-1927), History of Medicine, <https://enrhubwocsls/historyofmedicineinpage/dr-p-s-mckibben-1921-1927> (April 3, 2022).

⁵¹⁴ Barr, *Century of Medicine*, 292.