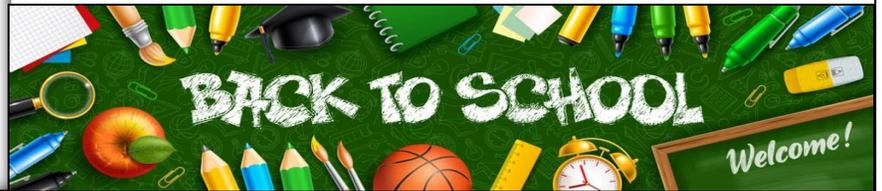




September 2024

# The COMMUNITY CHRONICLE



BROUGHT TO YOU BY THE SOHO VOLUNTEER COMMUNITY ASSOCIATION

## SOHO SEPTEMBER'S ISSUE

Follow Us!

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## SOHO WELCOME

Welcome to the SOHO Community Association monthly newsletter. This is our second 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:



### There are new rules for large furniture & bulky item collection

Booking requests must be completed at least 5 business days in advance, online at [service.london.ca](http://service.london.ca) or by phone at 519-661-2489. Collection will occur on your next scheduled garbage day.

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Learn more about what is large bulky waste at [london.ca/garbage](http://london.ca/garbage).



Here's a great Autumn recipe that uses all in-season ingredients from your own garden!

1 Butternut Squash

3 cups fresh green beans cut into 3rds

3 cups hominy (white or yellow)

Chicken stock, enough to cover soup ingredients.

Bouquet garni (rosemary, parsley, sage, bay leaf)

2tbsp of butter

2tbsp flour

3/4 cup milk

Remember while preparing your 3 sisters soup it is important to have a clear mind. Good thoughts and intentions, healing vibes, should all be part of your preparation and cooking. This is native medicine after all!

Add your prepared squash beans as corn to a soup pot

Add chicken stock. Enough to cover

Tie your fresh herb bundle and add to soup mix

Cover and bring everything to a gentle boil over medium high heat

Lower to simmer and cover for 35 mins

In small bowl whisk together butter flour and milk until there are no lumps

Stir flour mix slowly into soup. Bring back to gentle boil for 5 mins.

Tie your fresh herb bundle and add to soup mix

Serve with fresh frybread or Bannock

The term "3 sisters" refers to the three main crops of some northern indigenous people. Maize squash and beans. The 3 were painted close together like close sisters and aided each other in growing.

Recipe submitted by NDN Tacos – Owen and Joni Edwards

SO HO NDN TACOS

Owen and Joni Edwards operate NDN Tacos an Indigenous food stand and catering business offering frybread tacos, corn soup, fresh caught Pickeral, fries and more!

A lifelong love of food and cooking was the inspiration to start NDN Tacos in 2019.

All menu items are homemade with recipes passed down from family members. We offer fusion and original style food creations, but our roots lay in traditional foods. As much as possible we use, organic, homegrown foods.

Joni, head chef, is Ojibwe from Kettle Point Ontario. While not formally taught, was taught with hands on teachings from strong women in the Milliken family.

Owen, baker and sous chef, while not indigenous by birth, having been together for 20 years, he is native by heart. Often sharing his own teachings he's learned along the way. ✨The NDN Tacos cookbook will be ready for Christmas 2024! ✨

Hilda Stuart trained at VH, went to war, and was then superintendent of nursing at Victoria Hospital for 17 years from 1931 to 1948.

Vision SoHo is an alliance formed between six non-profit housing developers to collectively and expediently address London's housing crisis by creating beautifully designed, environmentally friendly, and well-managed buildings. These developments will range in affordability—some being market rate and others at affordable and deeply affordable rates—and will offer a variety of unit types catering to single individuals, couples as well as families. Over 680 units will be created in total. The focus area for the development is the Old Victoria Hospital Lands. The Vision SoHo Alliance closed on the land in the fall 2022 and began construction in 2023.

**Indwell** is a founding member of the Vision SoHo Alliance. Indwell will create and operate 138 units of deeply affordable housing with supports in two heritage buildings.

Indwell is eager to take on restoring the two heritage buildings on the site: the Health Services Building and the War Memorial Children's Hospital. They are beautiful buildings with important and rich ties to our city's history. The two buildings will be retrofitted to create 138 new apartments, 96 at the Health Services Building and 42 at the Children's Hospital. The Health Services Building will include a community space in the Auditorium offering food security and other amenities to the entire development and SoHo neighbourhood.

In 2023, Indwell celebrated reaching their goal of \$3 million from the community for the War Memorial Children's Hospital. Remediation work is complete, and construction begins this summer. The building will open in 2026.

**Indwell** is currently looking to rename the War Memorial Children's Hospital apartment building. Do you have a great idea for this building? Let us know! Email us at [soho.london.ca@gmail.com](mailto:soho.london.ca@gmail.com) or find our survey on Facebook.



Children's Memorial Hospital, circa 1930



Old Victoria Hospital Lands Phase II - Vision SoHo

Bird's Eye View looking North-West



Special Hours ONLY open to **University or College students** needing assistance 9:00 AM to 11:00 AM – Saturday (closed certain Saturdays in July, August, and December). Please note that you **MUST** be a student in order to use Saturday hours; however, students may also come any time we are open during the week. What you need to bring: Student card (or other proof of enrollment) and 1 piece of identification for each additional family member – REQUIRED EVERY VISIT <https://www.londonfoodbank.ca/students>



There is one school in SoHo: [Aberdeen Public School](#). Students may also attend Holy Cross and Holy Rosary Catholic schools, and Tecumseh Public School. High school-aged students attend Catholic Central, London South, H.B. Beal, or Central secondary schools.

The Safer School Buses Act mandates that all school buses manufactured after 2005 have the amber-red light warning system.

Amber flashing lights warn motorists that a school bus is about to stop for students. Motorists can still safely pass the bus while the amber lights are on. Once the bus is at a full and complete stop, the red flashing lights will appear and a stop arm will be activated.

Once the red lights stop flashing and the stop arm closes, the school bus will begin to move and drivers may proceed.

Not stopping for a school bus is extremely dangerous and carries a hefty fine. For more information:

<https://www.caasco.com/advocacy/school-zone-safety/school-safety-tips>

<https://www.londonpolice.ca/en/crime-prevention/back-to-school-safety-tips.aspx>

## SO HO ABERDEEN PUBLIC SCHOOL

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The original school was built in 1883 facing Hamilton Road. Aberdeen is located on the corner of Adelaide Road and Hamilton Road and is part of the Beal Family of Schools. Our school has a population of approximately 220 students from Junior Kindergarten to grade eight. Together, the Aberdeen staff and community strive to help all students reach their full potential. We have a rich history, and we believe in respect for everyone. We are a caring, learning community. After Lord Aberdeen, Governor General of Canada, visited London in 1893, the Board of Education decided to name the school in his honour. The present building with the entrance on Grey Street was opening in 1914. It looks very similar today. Miss J.P. Fairburn, who began teaching at Aberdeen when it first opened in 1883 was still there in 1926. This is the longest record of any one teacher remaining at Aberdeen! C.C. Carrothers, once a student at Aberdeen, went on to be a trustee with the board in the 1930's. An elementary school was named in his honour. Today Aberdeen consists of 12 classrooms which spans from Full Day Kindergarten to Grade 8. Core French and Oneida as a Second Language is part of the daily programming for students in grades 4 thru 8. Currently Aberdeen is looking for donations of technology items such as iPads, Chromebooks, etc. If you are able to donate, please call the school directly @ 519-452-8010.



Visit the school website <https://aberdeen.tvdsb.ca/en/index.aspx>

To **READ THE WHOLE STORY** by Rob Hodson, visit [soholondon.ca](http://soholondon.ca) under the **RESOURCE** Tab.



The background of the entire page is a photograph of autumn leaves in shades of orange, yellow, and brown. In the lower right corner, a person's hand is visible, holding a light-colored bowl. The text is overlaid on this background.

# Get to know

SO  
HO

# Market

Sunday, October 6,  
11-4pm

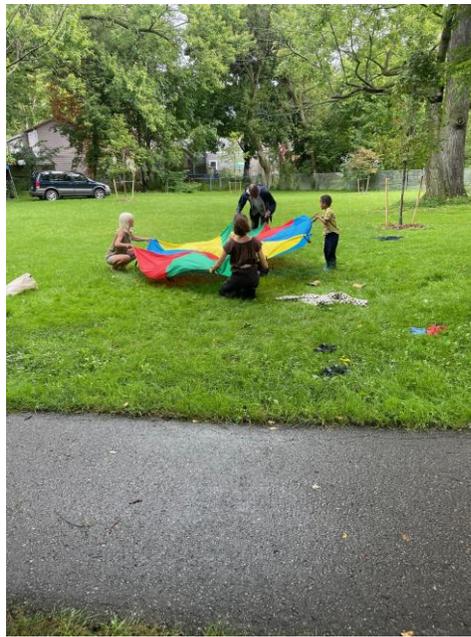
Meredith Park  
(Nelson st and Maitland)

Organized by the SOHO Community Association

### Welcome to the Get to Know SOHO Market!

Join us on **Sunday, October 6**, from **11 AM to 4 PM** for a fantastic day celebrating our community. Enjoy a vibrant selection of **art vendors**, live **music**, delicious **food**, and local businesses, many of which are right here in our SOHO neighborhood.

Come out and experience the creativity and spirit of SOHO. It's the perfect way to support local talent and connect with your neighbors on a beautiful fall day!



SEPTEMBER 2024						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

### Recycling Collection

Use separate Blue Boxes for Paper and Containers. Blue Boxes must be properly sorted for collection.

#### PAPER

- Magazines, soft & hard cover books (remove hard covers)
- Household paper
- Egg cartons, tubes & boxes (flexible)
- Newspapers & flyers
- Cardboard boxes (flattened & banded)

#### CONTAINERS

- Spiral wound (cardboard) cans
- Plastic bottles, cups, tubs & jugs
- Aluminum
- Glass bottles & jars
- Paint cans (empty)
- Cartons & drink boxes
- Aerosol cans (empty)
- Steel & aluminum cans
- Paper cups (separate lids)
- Rigid plastic (remove paper and place in Paper bin)
- Ice cream tubs (separate lids)

[london.ca/recycle](http://london.ca/recycle)

### Green Bin Collection

[london.ca/greenbin](http://london.ca/greenbin)

Use your Green Bin for organic materials such as food scraps, spoiled food and soiled paper.

#### GREEN BIN

- Food Scraps:**
  - Meat & poultry
  - Dairy products
  - Vegetable & fruit peelings
  - Fats, cooking oils, food grease (FOG cups)
  - Baked goods, pasta, bread
  - Dry baking ingredients, herbs & spices
- Wooden stir sticks, chop sticks, household plants
- Soiled Paper:**
  - Soiled paper napkins, paper towels and tissues

No plastic bags, plastic packaging, or pet waste. Keep these items out.

### Yard Waste

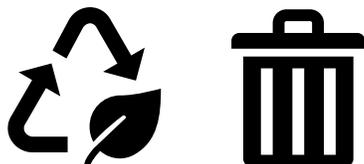
[london.ca/compost](http://london.ca/compost)

- Place Yard Waste** at the curb by 7 a.m. on the first day of your scheduled week, but no earlier than 6 p.m. the night before. Crews will only collect from each street or complex once during the week.
- Includes:** Christmas trees, brush, and pumpkins, or leaves in paper bags, plastic or metal cans between 30 L – 125 L or certified compostable bags with logos:

- Brush** must be less than 10 cm in diameter and cut into 1 m lengths. Tie in bundles with twine.
- Maximum weight** per container or bundle is 20 kg (44 lbs).
- Container size:** 30 L minimum and 125 L maximum.
- No grass clippings.**

#### Tips to remember

- Do not place compostable plastic packaging in the Green Bin
- Please remove food from packaging before placing into the Green Bin. No plastic or waxed containers, bags or wraps.
- Maximum weight is 20 kg (44 lbs)



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Learn more about what is large bulky waste at [london.ca/garbage](http://london.ca/garbage).



### DON'Ts

We do not accept:

- Dirt/soil, rocks, sod
- Large branches, tree stumps
- Grass clippings
- Flower pots/trays
- Kitchen scraps
- Pet waste
- Painted or treated wood, railway ties



Well-Being

**“Community well-being will only happen when we make a collective commitment to understanding the needs of our community members and work together to support them.”**

- Matt Meyer, Schulich School of Medicine & Dentistry

**Inside the Health Services Building at Vision SoHo** In June, Indwell opened up the Health Services Building to some of the London Community Foundation team, accompanied by a photographer, to take a first look inside the building before renovations begin. As part of the Vision SoHo Alliance’s wider development at the site, the building will include 96 affordable supportive studios, one- and two-bedroom apartments, anchored by a community food hub in the former auditorium.

SO  
HO NATIONAL TREE DAY

**The City of London will be giving out 2,000 trees this year as part of National Tree Day 2024. This year's event will take place on September 25, 2024.**

The City of London will be giving away 2,000 trees to residents as part of London’s annual celebration of National Tree Day on September 25, 2024.

Residents will be able to pick from 12 different types of native trees while supplies last. There is a limit of two trees per vehicle, on a first-come, first-serve basis.

It is important to protect and maintain newly planted trees for the first year after they’ve been planted. Residents can learn more about caring for new trees at [london.ca/trees](https://london.ca/trees).

The City is committed to providing accessible accommodations for residents. If you require an accommodation to obtain your tree, please call 519-661-5783.

**Where:** [Carling Heights Optimist Community Centre](#) (656 Elizabeth Street)

**When:** September 25, 2024, between 8:00 a.m. and 7:00 p.m. **(while supplies last)**

SO  
HO SOHO COMMUNITY SUPPORT – HELPING US, HELP OTHERS



**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 is in need of basic groceries, school supplies, winter coats and boots, & Christmas gifts. We will have more information available for those that are interested. Email us at [soho.london.ca@gmail.com](mailto:soho.london.ca@gmail.com) Attn: Bonnie. We will have a donation box available at our Get to Know SOHO Market on October 6<sup>th</sup> at Meredith Park to drop off your new or gently used items. Grocery Gift Cards are welcome.

Any clothing items that are not usable for this family will go to the Clothing Works drive conducted by Goodwill.

Here are a few of your local SOHO businesses:

[Dulux Paints](#)

[Havana Castle Cigars](#)

[Lovebird Flowers](#)

[Furlonger Associates](#)

[A-1 Flooring London](#)

[SoHo's Taco & Tequila](#)

A big thank you to:

**Builders Choice**

AIR SYSTEMS LTD.

For your donation to the SOHO Community Association!

If you are interested in becoming involved or to make a donation, please contact us at [soho.london.ca@gmail.com](mailto:soho.london.ca@gmail.com)



We believe that engaged and informed Londoners are the building blocks of a vital, successful, and sustainable city. We believe that strong and connected communities are critical to bringing them together. Building these connections and advocating for our members is what we do. It's what we've been doing for over 50 years.

The Urban League of London is an umbrella group whose members include a number of neighbourhood associations and community groups working to improve and connect our City. Individuals with an interest in urban or civic matters may also become individual members of the League.

The Urban League of London annually recognizes exceptional individuals and outstanding developments in the city of London with our Green Umbrella and Green Brick awards.

The Green Umbrella is awarded annually to an individual, or occasionally to an organization, demonstrating outstanding community citizenship and leadership in the city of London, as evidenced by a significant body of work. It reflects our commitment to recognizing the efforts of residents working to improve the lives of our fellow Londoners.

Want to read more:

<https://www.urbanleague.ca/news-events-listing/2024-green-award-winners>



WINTER COATS & ACCESSORIES

**DONATION DRIVE**



Drop off new or gently used winter coats, hats, mittens, scarves, and socks at Goodwill locations to support Giveaways for those in need. Please label your donation bag "ClothingWorks."

Windsor - Aug. 9 to Oct. 3

London - Aug. 9 to Oct. 8

St. Thomas - Aug. 9 to Oct. 8