

Lifting kids' hearts: Governor-General's Caring Canadian carries the troubles of the inner city on his shoulders



CATHIE COWARD, THE HAMILTON SPECTATOR

The smiles on the faces of the kids is what sustains him through the tough times, says Donnie MacVicar, at St. David's Presbyterian Church gym on Wentworth North.

Once a powerlifter, Donnie MacVicar now uses his strength to help others

BY CARMELA FRAGOMENI

Don MacVicar, a champion powerlifter in his day, now does his heaviest lifting for Hamilton's inner city kids.

When life knocks them down, he lifts them back up again.

"He encourages us," says 15-year-old Jordan Dockstader, who has been going to the centre since he was six.

"Everytime we're down, he's always there to give us a hand. And anytime we're in the wrong, he's there to help and to bring us back up."

Donnie, as the kids call him is descended from a family of Cape Breton coal miners. He has championed the North End's youth for 25 years now, the past 18 in an inner city outreach program.

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