

# VOLUNTEER NEWSLETTER

GLOUCESTER EMERGENCY FOOD CUPBOARD  
CENTRE DE SECOURS ALIMENTAIRE DE GLOUCESTER



Volume 52

January 2014



## 25 years of Community Support

The Gloucester Emergency Food Cupboard started operating in 1989. In recognition of 25 years of helping families, the GEFC board has decided to take this as an opportunity to honor the community support that makes it possible for us to do our work.

One way we'll do this is by introducing you to some of the individuals, schools, churches, stores, service organizations, office groups, etc, that help us so much.

We'll start with the Jarmans in January.

Des Jarman started bringing the contributions from Rothwell United Church every week almost as soon as the GEFC began. Des was also our general handyman and could be relied upon to repair anything at short notice and build shelves as we needed. When Des started to have health problems his daughter Eva took over the delivery.

**Thank you Des and Eva!**  
(submitted by Marjorie G.)

## Bits and Bites

### 2014 will mark 25 years of operation

Do you have any ideas about how we can honour our supporters? Our Board has some ideas but would love to have your input and suggestions. Speak with Marjorie or Gwen for more info or to offer your ideas.



### Volunteer Needed to do a Pick-Up

We **urgently** need a volunteer to pick up plastic bottles once/week from the Cora on St. Joseph Blvd on either Monday or Tuesday (early morning or at around 2 pm when things are quiet). Please contact Gwen for more details.

“IT ALWAYS SEEMS  
IMPOSSIBLE  
UNTIL IT'S DONE.”  
- NELSON MANDELA



(Suggested by Sheila D.)

## Gloucester Emergency Food Cupboard

2040 Arrowsmith Dr.  
Ottawa, ON  
(613) 749-4728  
gefc@gefc.ca

**Mon** 6:30-8:30 pm

**Wed** 12:00-2:00 pm

**Fri** 9:30-11:30 am

### Dates to Remember

•Closed - February 17 -  
Family Day

Students from Thomas d'Arcy McGee elementary school had a Christmas store and donated the proceeds to us!



We had some very busy food distribution days in December. On Monday, December 9, we gave enough food to feed 300 people. That's 73 families! That is the highest number, in one session, in the existence of our program!! Thanks to all of our hard-working volunteers who regularly help out.

## More Bits and Bites

### New Grand daughters

Jeanne (former volunteer) had her first grand daughter, Olivia, born on November 8.

Marjorie had her first England grand daughter, Elspeth, born just before Christmas.

Congratulations to both of you!



## December Happenings!

Besides helping so many with food, in December, a number of families received hampers, for Christmas, from individual groups or families or businesses. The generosity of these donors and the gratitude of those receiving these gifts is difficult to explain but it helps us to know, that even for just a short moment, this made a difference in the lives of families in challenging circumstances.

For the many who did not have a private sponsor, qualified families received a voucher to Metro or Loblaws and items of their choice, from our Christmas Corner. We distributed vouchers to 331 families, of varying amounts depending on family size. This wouldn't be possible without the generous donations from schools, churches, individuals and businesses.

### December Statistics 2013/2012

<b>Adults</b> (18 - 64) - 1220/1275	<b>Single Parents</b> - 199/196
<b>Seniors</b> (65+) - 55/46	<b>Singles</b> - 104/107
<b>Children</b> (3 - 17) - 879/798	<b>Families</b> - 617/585
<b>Infants</b> (0 - 2) - 132/106	<b>New families</b> - 37/47
<b>Families with more than one visit/month</b> - 136/109	
<b>Total Individuals</b> - 2286/2179	