

# VOLUNTEER NEWSLETTER

**GLOUCESTER EMERGENCY FOOD CUPBOARD  
CENTRE DE SECOURS ALIMENTAIRE DE GLOUCESTER**



**Volume 54**

**March 2014**

*“The best antidote I know for worry is work. The best cure for weariness is the challenge of helping someone who is even more tired. One of the great ironies of life is this: He or she who serves almost always benefits more than he or she who is served.”*

*Gordon B. Hinckley*

## AGM 2014

**You are invited** to attend our Annual General Meeting on **Wednesday, April 30, 2014 at 7:00 pm** at 2040 Arrowsmith Dr.

Join us as we recognize all of those who have generously supported us over the last 25 years! We couldn't do it without you!!

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Kaitrin Doll, co-chair of the Poverty and Hunger Working Group will be our speaker. She will help us to understand the many facets of hunger related issues in our City and beyond!

\*RSVP before April 25<sup>th</sup> \*



## Dates to Remember

- ◆ Closed Friday Apr. 18, Good Friday
- ◆ **We will be open Easter Monday, Apr. 21**
- ◆ AGM - Wed., Apr. 30, 7 pm

## Bits and Bites

### Thanks to our Volunteers

Monday, Feb. 24 was our busiest day ever. We served 79 families with enough food to feed a total of 306 people. You are all an amazing group of people who give of your time and energy to help this place run so smoothly. It is an honour to be a part of this together! Thanks for your contributions!

### Spring Forward

Please don't forget to move your clocks forward 1 hour early Sunday morning as we move to daylight savings time!

### Newsletter Submissions

If you have anything that you would like to submit to the monthly newsletter, please let Gwen know by the last Monday of the previous month. Ideas are welcomed!!



## Gloucester Emergency Food Cupboard

2040 Arrowsmith Dr  
Ottawa, ON  
(613) 749-4728  
Mon 6:30-8:30 pm  
Wed 12:00-2:00 pm  
Fri 9:30-11:30 am



**25**  
Years of community  
support

We want to honour the community support that has made it possible for us to help families for 25 years.

### Thank you!

We continue our series recognizing those whose support has been instrumental in helping us help those in need!

### City of Ottawa

When the GEFC started in 1989 the then City of Gloucester allowed us to use our premises. The Regional Municipality Of Ottawa-Carleton later started to give us an operating grant. Since amalgamation in 2001 the City of Ottawa has continued this very generous support which is vital to our operation.

### Orleans Cumberland Food Program

For the past few years the Orleans Cumberland Food Program has shared their excess stock with us. In January they gave us many boxes of assorted products which included canned soups and vegetables, dried prepared pasta, cake mixes and frosting, pasta, cereal, pancake mix and baby food. Our clients benefit from their generosity.

### Telesat

Over the course of more than 10 years, Telesat has remained a corporate sponsor making a very large annual donation which helps to purchase perishable food items.



## February Statistics 2014/2013

**Adults** (18 - 64) - 1005/1070

**Single Parents** - 138/169

**Seniors** (65+) - 35/44

**Singles** - 107/109

**Children** (3 - 17) - 640/699

**Families** - 551/602

**Infants** (0 - 2) - 94/100

**New families** - 32/26

Families with more than one visit/month - 96/96

**Total Individuals** - 1739/1869

Sammy (name and some details have been changed) lost his wife soon after their 4th child was born. He found himself unable to work full-time and still care for his young children. He needed to come to the Food Cupboard for food to help the family out while he figured out what to do next. Now he has almost completed re-training and will soon be working full-time and the youngest will be in pre-kindergarten full-time. He has been thankful for the help he was able to receive for his family!