

VOLUNTEER NEWSLETTER

GLOUCESTER EMERGENCY FOOD CUPBOARD CENTRE DE SECOURS ALIMENTAIRE DE GLOUCESTER



Volume 49

October 2013

Volunteer Potluck

Who: All Volunteers and partners/friends

Where: 1999 Hollybrook (Marjorie's place)

When: October 26 at 6:00 pm

Bring your own soft drinks, beer or wine and of course your preferred potluck item.

Tea and coffee will be provided.

Bits and Bites

Congratulations!

To Don Collar, our Board Chairman who retired at the end of August and who also the proud grandfather of another grandson!

Cards and Calendars!

If you have any donations of Charity Christmas cards and calendars please bring them in so we can give these to our clients. They are appreciated every year!

Cards and Calendars!

Please let us know if you will be unable to make your volunteer shift, as much ahead of time as possible. Either phone and leave a message or e-mail to gefc@gefc.ca. It really helps us to make sure we have a good number of volunteers for every given shift! Thanks so much!!

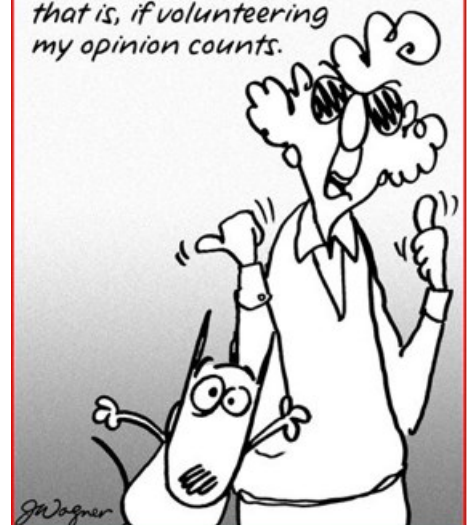
There is nothing noble in being superior to your fellow man. True nobility is being superior to your former self!

-Ernest Hemingway

“Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end.

Scott Adams (creator of the Dilbert Comic).

I do a lot of charity work ... that is, if volunteering my opinion counts.



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

- We are closed
Thanksgiving
Monday October
14, 2013.
- Volunteer potluck
Will be on
Saturday, Oct.
26 at 6:00 pm at
Marjorie's

Just Bake It!

The Caring and Sharing Exchange Program and TD present the 13th Annual Ottawa's Biggest Bake Sale.

When: October 11, 9:30-2:00

Where: Billings Bridge Shopping Centre

Proceeds from this event will go towards helping low-income families through the **Christmas Exchange program!** We refer many of our families for extras at Christmas! Check out www.caringandsharing.ca for more details.

What a "sweet" way to help out those in need in our community!

Bon Voyage to our travelers!

At certain times of the year, many of our volunteers travel to many places in Canada and across the world. We want to take this opportunity to welcome back those who have been away and to say Bon Voyage to those who will be or are already travelling somewhere!

To those of us who don't travel, we look forward to hearing from you and exchanging stories about your travels for the stories about what has happened around here!

We would love to hear from you!

If you have any suggestions, comments, or feedback, please don't hesitate to contact us by e-mail, phone, letters or talk to Gwen. It is great to hear from you! Thanks!

September Statistics 2013/2012

Adults (18 - 64) - 1237/1068 **Single Parents** - 213/168

Seniors (65+) - 42/42 **Singles** - 119/101

Children (3 - 17) - 844/742 **Families** - 618/540

Infants (0 - 2) - 113/142 **New families** - 54/52

Families with more than one visit/month - 136/105

Total Individuals - 2195/1952

**Note - The age ranges for adults, children, and infants changed in November of 2012 so certain age comparisons are not completely accurate.*

