

Volume 23

April 2010



GLOUCESTER EMERGENCY FOOD CUPBOARD

April Newsletter

GEFC Annual General Meeting

You are invited to attend our Annual General Meeting on Wednesday, April 28, 2010 at 7:00 pm at 2040 Arrowsmith Dr.

Our Guest Speaker will be our very own Ruth Torok from Jardins-Arrowsmith Thyme-less Gardens.

If you know of any people who have been formerly associated with the Food Cupboard, please let them know that they are also invited.

Please RSVP by April 23, 2010.

Bits and Bites

New Grandchild

Pat Grégoire has a new granddaughter, Victoria Ashley, born the beginning of March, weighing 6 lb, 3 oz.

March statistics

Adults served - 963
Children (4-18) - 675
Infants (0-3) - 140
Families - 556
Single Parents - 159
Singles - 128
Seniors (65+) - 19
Total number of individuals served - 1797

Needed Items

- * We are in need of the 1 litre ice cream and yogurt containers for dividing flour.
- * We are always looking for plastic water bottles, yogurt tubs, plastic grocery bags and reusable grocery bags.

Painting trim

The trim around all of the windows and doors is in need of painting around the food cupboard building. Once the weather warms up, we are asking volunteers if they could take a room or a doorway, come in for an hour or two on a weekend and paint that area. Contact Gwen for more info. Thanks to those of you who have already volunteered!



Compassion to Action

GLOUCESTER EMERGENCY FOOD
CUPBOARD CENTRE DE SECOURS
ALIMENTAIRE DE GLOUCESTER

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Bridging the Hunger Gap

National Volunteer Week, the biggest celebration of volunteers and volunteerism in our country is April 18-24. Compassion to Action is this year's theme.

What is volunteering?

Volunteering is giving one's time and expertise of one's own free will. It is working toward change and the betterment of our communities and country. Volunteering is a selfless act given without the expectation of reciprocation.

Volunteers take compassion and transform it into action one hour at a time. They are an exciting group of individuals who give their time and expertise to better our communities and the lives of others. Volunteers are a force of nature and the backbone of social movement, change, function, and development. In Canada, there are 12.5 million volunteers, giving 2.1 billion hours of their time, energy, and skills last year alone. **At the GEFC, our 125 volunteers contributed more than 10498 hours last year.**

A sincere thank you to all the volunteers at the Food Cupboard not only during this National Volunteer Week, but every day of the year!

Our volunteers will be recognized at the AGM on April 28 and we look forward to seeing you there.

Check out www.volunteer.ca for more information.

(Information and definition gathered from www.volunteer.ca/nvm.)

Dates to Remember

- * Closed Good Friday, April 2
- * We will be open on Easter Monday, April 5
- * Volunteer Week, April 18-24
- * Earth Day, April 22
- * AGM - April 28
- * Closed Victoria Day, May 24

The breeze, the trees, the honey bees -
All volunteers!
~Juliet

