

Volume 11

April 2009



GLOUCESTER EMERGENCY FOOD CUPBOARD /

April Newsletter

# 20 Years of Volunteers!

## You Are Invited ...

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Gloucester Emergency Food Cupboard/  
Centre de secours alimentaire de  
Gloucester

*You are cordially invited to attend our Annual General Meeting on Wednesday, April 29, 2009 at 7:00 pm at 2040 Arrowsmith Dr. in Ottawa. We will be marking our 20th anniversary by celebrating '**20 Years of Volunteers**'.*

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*Vous êtes cordialement invité à notre réunion générale annuelle, le mercredi 29 avril 2009, à 19 h, au 2040, promenade Arrowsmith, Ottawa. Nous y fêterons le 20e anniversaire de notre organisme, sous le theme '**20 ans de bénévolat**'.*

Please RSVP by telephone to 613-749-4728, e-mail to [gefc@gefc.ca](mailto:gefc@gefc.ca) or fax to 613-749-5532 by Friday, April 24, 2009.

RSVP par téléphone au 613-749-4728, par courriel au [gefc@gefc.ca](mailto:gefc@gefc.ca) ou par télécopieur au 613-749-5532 jusqu'au vendredi le 24 avril, 2009.

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GLOUCESTER EMERGENCY FOOD  
CUPBOARD / CENTRE DE SECOURS  
ALIMENTAIRE DE GLOUCESTER

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E-mail / courriel: [gefcc@gefcc.ca](mailto:gefcc@gefcc.ca)

*Bridging the Hunger Gap*

We're on the web  
[www.gefcc.ca](http://www.gefcc.ca)

*The complete GEFC  
history will be available  
in booklet form in April  
at the AGM.*



Spring cleaning time!

# What Is Hunger Count?

## Hunger Count 2009

Initiated in 1989, *HungerCount* is the only national survey of emergency food programs in Canada. The information the survey provides is invaluable, forming the basis of many Food Banks Canada activities throughout the year. Among many benefits, *Hunger Count* allows Food Banks Canada to operate the National Food Sharing System on a "fair share" basis, present accurate, timely information to government, donors and media, and represent members' key concerns at a variety of public forums.

What does that mean for the GEFC? We have been collecting demographic data for the month of March from our distribution of food. We also submit data about the number of volunteers and volunteer hours that we have banked for the month of March. The report, called 'Hunger Count 2009' will be available in November or December of this year. If you would like to see 'Hunger Count 2008', there is a hard copy in the office or you can find it on the internet at: [www.cafb-acba.ca](http://www.cafb-acba.ca)

## Bits and Bites

### Meat Delivery

We have received our first delivery of ground meat from Bearbrook Farm. We ordered 150 lbs of beef and 50 lbs of pork at the great price of \$1.69/lb!

### Summer Student

Plans are in the works for a full-time student to start in May and work through the summer pending confirmation of funding from Canada Summer Jobs.

### Donations This Month

Thanks to many of our area churches for their regular and continued support. Also, Curves collected food in lieu of membership fees for March - many thanks!

### New Carpet?

Did you notice our new carpet? No? Well, your eyes aren't playing tricks on you. Installation of our new carpet has been delayed to at least May in order to get the correct dye lot.

### AGM

Please invite former volunteers to the AGM if you know of anyone that may not receive this invitation otherwise.

Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve.... You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love.

~Martin Luther King, Jr.