

# Gloucester Emergency Food Cupboard

## August Newsletter

### Dates

- **August 4, closed, Civic holiday**
- **September 1, closed, Labour Day holiday**

### Notices

- Don't forget to write down the days you will be away on the board.
- *Please check the bulletin boards for more news and photos about our volunteers!*
- If anyone has recent photos from the Food Cupboard, please let Gwen know.
- Do you have ideas about how we can raise funds? Share them with us!
- One of our Monday volunteers, Linda Bureau, has left us and Ottawa, to move to BC. You will be missed Linda.

Unless someone like you cares a whole awful lot, nothing is going to get better. It's not. ~Dr. Seuss

### Scrap Paper

If you're able, please bring in any scrap paper that the office may put to use. Any paper with writing on only one side can be used to save trees and paper costs!

### Driver

We have an urgent need for a driver(s) to pick up produce at Macartney Farms on Mondays and Fridays. **If you know anyone who may be interested please let Gwen know!**

### More New Granddaughters!

- Congratulations to Karen Pratte and her family on their lovely new addition, Rowyn Pratte, 7 lbs. 13 oz. born on July 16.
- Ted Heinze is also proud of his new granddaughter, Clair, born on June 24, weighing 7 lbs. 5 oz.



### Volunteer Yard Sale

**When:** Saturday, Sept. 20, 2008  
8:00—12:00 am  
**Where:** 2040 Arrowsmith Dr.  
**\*Rain or Shine\***

- ◇ *Save your stuff*
- ◇ *Come and help*

### Generous Donation

Alterna Savings community donations program has generously donated \$2000.00 to the Food Cupboard to help us meet our objectives.

If you would like to read the letter, drop by the office.

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\* Many thanks to our \*  
\* gardeners for bringing in \*  
\* such wonderful fresh \*  
\* produce and beautifying \*  
\* the Food Cupboard with \*  
\* flowers! \*  
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### Do You have e-mail?

Would you like to receive this newsletter by e-mail? Would you like to receive other notices about the Food Cupboard? Sign-up in the office.

### A Word from Lauren, our summer student

The summer has flown by! Working at the GEFC has been a wonderful experience and I have learned so much. The generosity of each individual involved with the food cupboard is amazing and I will miss it come September!  
-Lauren

I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.  
~Edward Everett Hale