



Food for Thought !

Eden Food Bank

Quarterly Newsletter, October, 2005

www.edenfoodbank.org



We thought that it would be a good idea if we were to give this lead-off space to our President each month, and let him tell you, in his own words, what he sees as important at

Eden Food Bank at this instant in time. So, here—in his own words—is his message to you:-

“Dear Friends,

After more than 15 years since we opened our doors to help the hungry in our Community, it would be nice to think, and better still, to be able to brag that we had successfully worked our way out of a job. Unfortunately, this is not the case.

Our client base grows monthly, our team of dedicated and enthusiastic volunteers works longer and harder, and just finding space to store the products we need gets tougher every month. But, somehow, we always seem to pull through, thanks in large measure to the generosity of the public and private sectors.

One characteristic of Canada’s system and economy is that there are invariably imperfections which allow some people to “fall through the cracks” - more often than not, through no fault of their own.

People get sick and can’t work, they lose their jobs, they earn “working poor” wages, or face other unexpected challenges. More often than not, these are ordinary people like you and me, who

find themselves in extraordinary situations, and need temporary help to get them through the difficult patch. They find themselves in the cruel situation of having to choose whether to pay the rent, buy medicine or feed the children. Surely, in a caring and reportedly affluent society, no one should be forced to go hungry, or have to rely on the goodwill of others to ensure that they and their loved ones have enough to eat.

Working to reduce hunger is a challenge beyond the capabilities of one food bank alone, and we recognize the generosity of our donors and our tireless volunteers. However, to truly reduce hunger requires a broad mindset that deems hunger to be unacceptable in our Country, in our City, and in our Community.

We are doing the best we can, even as our client base continues to grow, but we need your continued help. Not just with food, but the paraphrase a popular jingle, “Fund Raising is Job #1”. If we are going to fulfil our mandate, we need to cover our administrative expenses (insurance, phone, staff, etc.) and although we desperately need more space, we cannot yet afford it. We simply cannot relax our efforts to generate more income from every conceivable source. We hope you will be able to join us for our “Share the Harvest” event in October, and perhaps you can influence your office or organization to support our “Toonie Tuesday” programme?

Thank you for all your support.”

Election of Officers

On June 8 2005, at our regular monthly Board meeting, we conducted the Election of Officers for the coming year, with the following outcomes:

Elected, were,

Dave Pratt—President,
Esther O’Toole—Vice-President,
Gayle Morais—Treasurer,
Pat Bardon—Secretary

It was also decided that in order to give everyone the opportunity to participate fully in the proceedings of the day, we needed to have a Recording Secretary in attendance at our meetings. We are pleased to announce that Karen Skyba has volunteered to act in that capacity for us, and her presence is really appreciated by all members of the Board.



(V.P. Esther looks over the Budget with Dave after the June Board meeting and elections).

Up-coming event

Please take a moment right now, to mark October 22, 2005 on your calendars

Thanks to our Fund-raising Committee, and in particular the leadership of Beth Barnes, we have a event which we are confident you will all enjoy. Come and



at our "Neighbourhood Music Café".

This is planned as an evening of contemporary music, presented by the Eden Folk Group, joined by Colin and Cathy Bales from Grace Community Church, the Meadowvale CRC Celebration Team, and the Thomas Street Middle School Chamber Choir.

Tickets are \$15 each, and can be obtained from participants, or from Ontario Christian Books, 125 Queen Street S. in Streetsville (tel: 905-821-3400.

There will be a Silent Auction before the concert, and doors open at 6:30 pm for the auction. The concert starts at 8:00 pm. Refreshments will be served.

The venue is Eden United Church, 3051 Battleford Road, Mississauga.

All proceeds from the auction and the concert will go to Eden Food Bank, and we would be grateful for your generous support of this unique musical event.

Civic Award for John

In the May 2005 issue of our newsletter, we painted a pen-portrait of one of our more devoted, and longest serving volunteers, John van Runt. John's name was put forward for recognition of his long volunteer services, by the City of Mississauga.

On June 21 2005, in the Council Chambers at Mississauga Civic Centre, during the Civic Award Recognition Ceremony, John was presented with his plaque by

Mayor Hazel McCallion, recognizing John's more than 10 years of Volunteer Service to Eden Food Bank.



(Photo courtesy of John van Runt)

John and his wife, Jenny, actually postponed their vacation so as to be able to attend the ceremony, and according to John, it was well worth the delay since he was most grateful to be the recipient of such an award.

Recipe of the Month



Looking for an idea for a different way to serve your family hamburger? Then why not give this recipe, for "The Greatest Hanburger Stroganoff", a try?

Ingredients -

- 1 lb hamburger
- 1 small onion, finely chopped,
- 1 clove garlic (optional, but recommended)
- ¼ cup butter
- 2 tablespoons flour
- 1 teaspoon salt (or to taste)
- ¼ teaspoon pepper
- 1 10-¾ oz, can cream of mushroom soup
- ½ cup milk.
- 1 4oz can sliced mushrooms, or
- 1 cup sliced, fresh mushrooms
- 1 cup sour cream.

Brown the meat, onion, garlic, then drain excess grease.

Add butter, flour, salt, pepper, and stir until smooth, and then add the soup, milk and mushrooms.

Simmer for 10 minutes.

Add sour cream just before serving.

Put over noodles or rice.

Makes 4 to 6 servings.

Quotes & Quips

Nostalgia is like a grammar lesson - you find the present tense and the past perfect!!!

More later.....

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Feedin' Eden

On May 26 2005, the students and staff of Our Lady of Mount Carmel Secondary School in Mississauga presented a cheque for \$2,450.00 to the Eden Food Bank, along with some large boxes of food. The monetary donation came from ticket sales for a competition organized and held by the school, under the direction of, and with the overall guidance and organization of, teacher David Rogers.

This event all started back in January 2005, when the school sent out invitations for any band interested in entering the competition to enter their names, audition, and ultimately compete on stage on May. Many fine acts auditioned for the show, and in the end, eight groups were selected to perform 15 or 25 minutes sets.

The slogan "Feedin' Eden" was coined for the occasion by Carlo Ciconte, and a poster designed by JR Mancini aided in attracting nearly 500 people to the event.

Judges at the competition include former OLMCSS alumni, including 3-time Juno Award winners Billy Talent who gave of their time, not only to judge the competition, but as a way of thanking the school

at which they got their start.

Eden Food Bank was grateful for the donations, which were graciously accepted by Operations Manager Anne Green.

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Facts and Figures

During the first 7 months of 2005, Eden food bank distributed almost 34,000 kg of supplies to some 1543 families made up of 2566 adults, 1988 children and 239 babies.

In the same time period, we registered 482 new clients, made up of 265 adults, 193 children and 24 babies in 166 families.

With our client base increasing like this, and the amount of food we distribute increasing on a monthly basis, we obviously need more and more help in order to be able to properly service our clients.

If you would like to investigate the possibility of volunteering with us, or even donating to us, please visit our website at www.edenfoodbank.org and follow the links to contact us.

We do not have official statistics for the postal codes we presently serve (L5M and L5N), but there is plenty of information available for the GTA, for Ontario and for Canada as a whole. Consider the following:

The use of food banks has been rising steadily since the year 2000. Each month, approximately 100,000 households in the GTA use food banks.

Nearly half of all clients who access food banks have some education beyond the High School level. 23% have an undergraduate degree.

After rent and utilities are paid, food bank users (on average) have \$4.46 per person, per day, left over to cover all other expenses INCLUDING FOOD.

Food bank-using households, on average, are only able to spend \$21 per person, per week, of their own money on food.

Almost half of food bank clients who work receive a wage above \$10 per hour, but are unable to get enough hours at work to earn a self-sufficient income.

Our "Toonie Tuesday" Programme



We announced this programme in our last Newsletter, and a few Companies have participated already.

If you want to help this programme work successfully, you can assist us by mentioning it to the "powers that be" in your workplace.

Whether you work in a factory, office, restaurant, bar, school, church or hospital, we are sure that you and your employees can afford to donate a Toonie (\$2.00) one Tuesday a year.

It would be wonderful if you could persuade Management to match employee donations, dollar for dollar, in aid of Eden Food Bank.

If you are prepared to help us in this way, send us an e-mail to info@edenfoodbank.org or leave a message on 905-785-3651, and we will get back to you to give you all the information you need to make this programme work for you.

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The faces of hunger

We all know the feeling of casual hunger, when you'd like something to eat and it's an hour to your next meal.

Eden Food Bank is here for those difficult times when there is no food at home, and it's days or weeks until your next cheque

Few people ever expect to find themselves at a food bank.

Here are some pen portraits to give you a feeling for the people who come to Eden Food Bank.

Names and circumstances have been edited in the interests of privacy.

Jennifer

Jennifer is a single mum, living in the Winston Churchill Road area of Mississauga. She has two children in school, and a three-year-old, so her days are pretty full! She is trying to take night classes while a friendly neighbour baby sits, and she hopes to be able to upgrade her skills and get a job in an office somewhere by the time her youngest child reaches full-time school age. She pays slightly over \$600 a month for rent, leaving her little to see her over the rest of the month. Jennifer receives some extra money from the federal child tax credit, only to have exactly the same amount deducted from her family benefits allowance by the province - so, she's no further ahead.

Dimitri

Dimitri recently immigrated from the war ravaged area of Bosnia, and is presently taking English as a Second Language studies. He has an engineering degree but it is not recognized in Canada. So far, the best job he has been able to find is as a part-time cleaning and maintenance person in a Mississauga office building. Support for his family (a wife and two children under school age), though topped up by the government, still leaves him precious little at the end of the month. He came to Eden Food Bank two months ago for the first time, and came back this month asking if he could volunteer in the store area, sorting donations, and stacking shelves, etc. "I want to pay back some of the generosity which was shown to my family", he says in his halting English.

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What's needed this month?

For an up to date list of what we are short of at any given point in time, visit our information web site often, at www.edenfoodbank.org. You will find all kinds of valuable information on that site, and we encourage you to make visiting that site a routine function at least once a month.

Where do we get our food?

A great deal of our food comes from private donations, food drives, and the weekly deliveries from Food Path, and while the generosity which allows us to benefit in this way is much appreciated, just remember, the message is:

Help a Family,

Help a Neighbour,

Help a Friend.

There are a number of Farmers' Markets, especially at this time of year, and some of our fresh foods and vegetables are donated to us at the end of the day by the various vendors at these markets.



(Photo provided by Beth Barnes)

Blyleven Farms donate food to us every week, at the end of the Thursday Farmer's Market in Erin Mills (see above). We are extremely grateful to the folks at Blyleven Farms for helping us out this way.



(Photo provided by Beth Barnes)

Above, Anne Green, our Operations Manager, inspects a fresh food table just before our valued clients arrive.

More Quotes & Quips

Perhaps the following one-liners will put a bit of a smile on you face today:

- A midget fortune-teller who escapes from prison, is a small medium at large.
- Every calendar's days are numbered.
- Did you hear about the person who sent ten different puns to his friends, with the hope that at least one of the puns would make them laugh. No pun in ten did.
- Two fish swim into a concrete wall. The one turns to the other and says "Dam!"
- And finally, a vulture boards an airplane, carrying two dead raccoons. The stewardess looks at him and says, "I'm sorry, sir, only one carrion allowed per passenger."

Do you want to help?

If you are thinking that you might be able to help in the work of Eden Food Bank, and just need something to "push you over the edge" in making that decision, perhaps the words of Sir Winston Churchill might be the catalyst you need.

He once said that "A pessimist sees the difficulty in every opportunity - an optimist sees the opportunity in every difficulty".

We can use a lot of help from real optimists.

Contact Information

If you want to get a message to us, or have one of the Board of Directors call you back, get in touch with us by calling us at (905) 785-3651, and leave a message. Alternatively, you can send an e-mail to info@edenfoodbank.org, and we will get back to you as soon as we can.

If you have comments about the content

of these newsletters, or wish to send a letter to the editor, please do so by sending an e-mail to this address:- michael.burgoyne@edenfoodbank.org

Back Page Humour

For those of you who enjoy language, it must be recognized that the English language can be very confusing (and funny) at times, with many different words sounding the same, but meaning something entirely different.

Hopefully, the following will make you smile:

- A man's home is his castle - in a manor of speaking.
- A bicycle can't stand on its own because it is two tired.
- When a clock is hungry, it goes back four seconds.
- Bakers trade recipes on a knead-to-know basis.

Personnel

Operations Managers:

Anne Green
Donna Behmer

Executive:

Dave Pratt, President
Esther O'Toole, Vice-President
Gayle Morais, Treasurer
Pat Bardon, Secretary

Board Members:

Benny Cuevillas,
Bill Crawford,
Mary Lou Ling

Newsletter

Written, assembled, edited and published by Michael Burgoyne, with contributions this month from Beth Barnes, Anne Green and Dave Pratt, to all of whom, our many thanks.

.....and so, here's to the next time!