

EDEN COMMUNITY FOOD BANK

NEWSLETTER

February 15 2009

Bill's Corner.....



It is another year, and everyone at ECFB can now breathe a huge sigh of relief that the busy Christmas season is behind us - and what a Christmas it was!! I will leave it to our Operations Manager to give you the details of our food drives and fundraising results later in this newsletter, but I would be remiss if I did not say a

big, public "Thank you" to all our dedicated staff, Donna and Maria, our countless volunteers and the donors who gave so freely in these economically troubled times. We could not do it without you.

We also worked with Eden United Church in distributing some 237 Christmas baskets, including more than 900kg of turkeys which were the result of generous donations. Our thanks to Board member Ron Saito and City Councillors Carolyn Parish and Pat Saito for this.

As well, ECFB was able to assist many families in attending the "Breakfast with Santa" this year.

Our supreme effort with food drives has brought its own space problems, coupled with the fact that we have to search for new storage premises. Our contract with Torchfire ends in March, so we have to hunt for a convenient storage facility for our food. Any help which our readers might be able to provide would be very much appreciated.

We recently held a strategic planning session for the Board and volunteers, as a result of which we are now working on many new initiatives which will increase the level of service to our clients. Under the guidance of facilitator Fred Simons who works with us on planning, we are also reviewing Board Governance. The overall goal is to have a more proficient Board, and therefore a better Food Bank.

Our second annual Dickens Christmas Carol reading was a resounding success, and our thanks go to Maria Glidden and her Committee for an excellent evening, as well as a successful fund raiser at the event.

We recently expanded our catchment area to include the L5L postal code. This has resulted in a number of new clients, and coupled with the added pressure of

the economic conditions, we have seen a steady increase in our number of clients. As a result, even our Monday night opening is now operating at full capacity, at a time of year when we traditionally tend to be a bit quieter.

The New Year will bring many challenges and opportunities, I am sure. 2008 was a very successful year for your Food Bank, for which we can all be proud and thankful. 2009 will see us grow in numbers as well as the range of services we are able to offer, and we look forward to your continued support as we face the ongoing and increasing challenges.

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A word from GE Canada.....

"In December a team of 10 volunteers from GE Canada—Working Capital Solutions, located in Mississauga, visited Eden Community Food Bank to help sort donations made by the local community over the holiday season. This year, the team was part of an effort to sort and organize over 56,000 pounds of food received by the food bank in December. Using these and other donations made throughout the year the food bank was able to provide for nearly 300 families over the holiday season.



A donation of \$1,000 was also presented to the Food Bank by GE Canada. (The cheque was presented by Sandhy Maini (left) to our Donna and Maria) The money was raised

from a South Asian Heritage Month event organized by GE Canada National Inclusion and Diversity Council (NIDC) and a "Jeans Week" organized by GE Volunteers. NIDC engages employees and leadership teams to foster an inclusive environment within GE. The Council works to highlight the advantages that can be achieved by tapping into the strengths of a diverse workforce. GE Volunteers coordinates volunteer efforts company-wide with organizations like Eden Food Bank, to build stronger communities where GE employees live

and work”.

“Helping the Eden Food Bank is a lot of fun and a great opportunity to give back to our community”, says a GE Volunteer who has been helping the organization for the last two years.

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A Message from Donna....

Our Operations Manager, Donna Behmer, has asked me to send you this message from her:

“ I just want to take a minute to update you on our busy Christmas season from MY perspective.

Eden Community Food bank received 25460 kg of food in December alone. Of that, 8693.5 kg came from schools in our postal codes area. The support we received this year from our schools was record setting. Toonie Tuesday and Christmas fundraisers brought in \$21,044.46. Food donations from the schools, in November and December, totaled 12563.5 kg. Thank you to all the schools who participated to make this such a success.

In December we distributed 10,727 kg of food to 992 people in our neighbourhood. We also contributed to the Christmas baskets by giving an additional 3700 kg food as well as frozen turkeys. Total food distribution in December was 14244 kg. We had many helping hands when several schools brought in their students to help with sorting and packing. Several Companies also assisted. You have seen the article from GE Canada, but we also had help from Bell Canada, the Royal Bank and Mead Johnston, et al.

With the funds raised this year, our fresh food programme is very stable. Every week from November to May, we purchase the following items: lettuce (or another green veg), carrots, onions, potatoes and at least 2 pieces of fruit for every member in the family. We continually buy fresh milk for all families and have supplied grocery store gift cards to our families who are most in need. I think our biggest challenge this year will be to secure permanent off-site storage.

This truly is your community food bank when so many pitch in and contribute to the cause. We at ECFB are so fortunate to be part of such a giving and caring community. Thank you for all your support”.

Donna Behmer.

Here we grow again....

As we do in every newsletter, we present here the statistics since our last publication, exclusive of our help to the Christmas hamper project:

People served	Sept '08	Oct '08	Nov '08	Dec '08
Adults	444	456	515	532
Children	313	348	417	424
Babies	38	27	32	36
Total people	795	831	964	992
Families	240	248	272	292
New Fam's	23	39	44	42

This chart does not show some interesting facts on annual growth, which you might find shocking. In 2008, the number of families we served went up by 25.3%. The number of adults increased by 21%, babies went up by 12.5%, but client children shot up by 45.7%. The total number of people served went up by a little over 30% and we signed up 309 new families.

All this shows why we need all the help we can get from our community, to help our community.

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Starbucks Grows with us.....

Starbucks has celebrated the opening of a new store at Argentia and Winston Churchill. On November 26th they had a “friends and family” event where all drinks and pastries were free. They took a collection in lieu of payment and all proceeds were donated to Eden Community Food Bank. They raised just over \$400.00 . Thank you to Starbucks and the staff for making this event so enjoyable and rewarding. We urge you to thank Starbucks by dropping in for a coffee.

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Tony's corner - Bone Building....

In the last issue, we spoke about maintaining healthy bones. Now we take a look at a number of factors which can increase bone building in the body.

1. Exercise is one of the most important factors in maintaining bone health.
2. Exposure to sunlight allows the body to make more bone-building vitamin D.
3. Eating plentiful amounts for fruit and vegetables helps keep calcium in the bones.

4. Consuming calcium from plant-based sources, especially green vegetables and beans, provides one of the building blocks for bone building.

Almost all of the calcium in the body is in the bones. There is a tiny amount in the blood which is responsible for important functions such as muscle contraction, maintain the heart beat, transmission of nerve impulses, etc.

Exercise and a diet moderate in protein will help protect your bones. We regularly lose calcium from our blood through urine, sweat, etc. It is renewed by calcium from the bones or from our diet. Bones are constantly broken down and built anew. Up to the age of 30 or so, we make more bone than we lose. The loss of too much bone can lead to fragile bones or osteoporosis. How rapidly we lose calcium depend, in part, on the kind and amount of protein you eat, as well as other diet and lifestyle choices.

We thank Tony Hill for this series of articles. The copy has been adapted from the website <http://www.pcrm.org/about/index.html> of the Physicians Committee for Responsible Medicine.

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Page 3 Humour.....

Three blondes walked into a building.....you'd think at least one of them would have seen it.

I went to buy some camouflage trousers the other day, but I couldn't find any.

A man goes to the doctor, with a strawberry growing out of his head. The Doc says 'Don't worry, I'll give you some cream to put on it.'

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Best Wishes to Dave

Many of you will know Dave Pratt, who served as our Secretary and later President at the Food Bank for many years and still sits on our Board. However, some of you may not know that about 8 weeks ago (as I write this), Dave underwent heart surgery at Sunnybrook Hospital, and is now recuperating at home. While Dave manages to get out of the house once in a while (as long as someone else does the driving!!), it might be some time before he is back in the full swing of things, be that at work or the food bank. Occasional appearances might be in order!!

A brief e-mail to Dave would help brighten his day, and you can get his contact information from the "Contact us" section of the ECFB website.

Note on a school visit.....

Stephen Lewis Secondary School has a strong focus on Social Justice and Equity and planned a professional development session where all staff learn about local poverty. On December 3, approximately 70 staff members toured ECFB. We were thrilled to host then and have an opportunity to discuss how we try to help families in the community who are most vulnerable to hunger. Thank you, Stephen Lewis SS staff for your interest, and we look forward to continued support.

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Helpful Hints.....

Hate foggy windshields? Buy a chalkboard eraser and keep it in the glove box of your car. When the windows fog up, rub with the eraser—it works better than a cloth.

To keep squirrels and rabbits from eating your plants, sprinkle the area with cayenne pepper. It won't harm your precious plants, and the critters will stay away.

Talking of plants, as you start thinking about planning your gardens for the up-coming spring, don't forget to leave room for some extra veges for the Eden Community Food Bank. Plant a row for ECFB!!

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Souper Bowl 2009.....

Beth Barnes, who champions our efforts related to the Souper Bowl, has sent the following notice.



"Our third annual "Souper Bowl Sunday" fundraiser on February 1, 2009, in conjunction with the NFL Super Bowl Day, received 2486 items of food plus \$940.44 in cash from ten church congregations in our postal code areas who participated. This year we

are happy to report that the donations matched last year, even though the economy is suffering. Churches who participated this year are as follows: Churchill Meadows Christian, Eden United, Grace Community, Hope Community, Meadowvale Lutheran, Merciful Redeemer, Portico Community, St. Francis of Assisi, Streetsville United and White Oak Presbyterian. Thank you to you all for your continued support and generosity.

Back-page Photographs....

We do try to include as many photographs in the newsletter as we can, but in order to keep colour printing costs to a minimum, colour photos must be limited to the front and back pages.



Our Lady of Mount Carmel students Chris Creamer, and Chantal Costa (left) were instrumental in the organization of a rock concert "Feeding Eden"

held at the school. Their hard work paid off. Not only was their concert a big hit with the students, they were able to raise \$1700.00 for Eden Community Food Bank. Thanks to you and your committee for a job well done.



We had a visit from employees at DuCharme, McMillen & Associates Canada, Ltd. Conchita (Cooky) Ellis wrote to tell us: "We appreciated the time you took from your

busy schedules to give us a tour of the facilities. We all found it interesting and enlightening (chicken soup is a favourite, you're short on body care items, and don't provide liquid baby food or time-sensitive products)!

All the best to the food bank, and bless you for the wonderful work that you do for the community".

We have been remiss in the past for not mentioning the cooperation and generosity of the good folks at the Lionheart British Pub and Restaurant at 3221 Derry Road West.



They also did a Souper Bowl event, and have donated \$500 from a Karaoke from last year. January 25 saw them hold another successful Burns' Supper. In cele-

bration of the 250th anniversary of the birth of the Scottish poet, patrons enjoyed a traditional Burns supper, at which a special Robert Burns Single Malt Whiskey was offered up for a final toast at the end of the evening. The Lionheart was fortunate in securing one of only 250 limited edition bottles of the Famous Grouse 37 Year Old Whiskey. This unique bottle had been specially selected by Master Blender, John Ramsey, from a range of casks first laid down in 1971.

Lionheart has long been a supporter of ECFB, and with that in mind, Lionheart embraced to opportunity to raffle off this rare bottle, valued at \$800, and graciously donated by The Famous Grouse Distillery.

Thanks to the generosity of Lionheart patrons, this bottle generated \$1070 for Eden Community Food Bank, within 30 minutes of announcing the raffle.

The cheque will be presented to ECFB on February 23, at the next Scotch Tasting Evening at Lionheart, A photo will (hopefully) be made available for the next issue.

Oh yes, the lucky winner of the raffle was Sheila Powell.

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Miscellaneous musings

Contact us by phone at 905-785-3561, or visit our web site at www.edenfoodbank.org for more information. On our website, you can find all kinds of valuable information, including the names of all the members of our Board. If you feel the urge to contact us, please do so, with your comments, advice and suggestions. Any suggestions regarding off-site storage would be welcome, since that seems to be looming as our number one challenge.

If you are entitled to a pension from the UK, don't forget that you can claim it in Canada, and can even buy back some extra years, depending on your personal situation. Feel free to drop me an e-mail if you would like more information on this benefit.

As you can see, I have run out of room to add any more in this issue. Thanks to the people who sent me 'stuff' to put in this newsletter. Keep it coming!! We are targeting the second part of March for the next newsletter.

- So, here's to the next time!

Note: The opinions expressed here are those of the various contributors, and do not necessarily reflect the official position of the Eden Community Food Bank.....