



Coming Events

Annual Meeting & Strawberry Social

Monday June 20, 2011
See invitation below

16th Annual Friendship Golf Tournament

Wednesday July 13, 2011
Four-Person Scramble
12:30 Shot-Gun Start
(11:30 Lunch)
Grand Valley Golf Course

Annual Friendship Fundraising Dinner

Friday October 28, 2011
St. Louis Catholic Church

Community Gardens: Nourishing Lives



Since 2000 something very special has been growing in Waterloo. That's when ten community organic garden plots first sprouted hope for residents of the Sunnydale Community. Through the Sunnydale Community Centre program, land provided by the City of Waterloo, and the work of Garden Coordinator, Bill (back row, second from right), these plots have since become a source of food, friendship and community. Eight different countries are represented amongst the ten current gardeners. Each brings with them a tradition of family gardening.

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For Current Events & News

www.houseoffriendship.org

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72nd Annual Meeting
and Strawberry Social

Please join us! Monday June 20, 2011

Monday June 20, 2011

Business Meeting: 6:45pm
Strawberry Social: 7:30pm
Supporting Healthy Lives: 8:00pm

Knox Presbyterian Church
50 Erb St. W., Waterloo, ON N2L 1T1

All Welcome

R.S.V.P. Shelley, 519-742-8327 x131
fundraising@houseoffriendship.org
by Wednesday June 15, 2011



www.houseoffriendship.org

Sending Kids to Camp, No Matter What the Weather



Nothing could dampen spirits at the 6th annual Trek 4 Kids hike & bike. Many thanks to the more than 125 cyclists, runners and hikers who braved the weather and took to the trails in pouring rain to send kids to camp.



Amidst the puddles and smiles, over \$35,000 was raised, which will sponsor 70 less-fortunate kids to go to camp. This is over two-thirds towards our goal of 100. Donations to Summer Camp Sponsorship can be made at www.houseoffriendship.org.



Save the Date!

Friendship

Fundraising Dinner

Friday October 28, 2011
6:00 p.m. — 9 p.m.

St. Louis Catholic Church,
 Waterloo



Guest Speaker:

Jane Roy
 Assistant
 Director,
 London Food
 Bank

Entertainment:
Mike Erb



Community Gardens: Nourishing Lives

They also bring different gardening techniques and different plants and vegetables. Angela, from Russia, likes to grow potatoes, garlic and onions. Shabiha, from Bangladesh, likes to try different things like bitter melon. Meanwhile, Vang, from Laos, is a Master Gardener of ten years and renowned for his skill in vertical gardening, especially growing beans. They along with Natalya (Ukraine), Sarbast (Iraq), Dat (Vietnam), Rod (Canada) and Lee and her mother (Laos), who also has a plot, agree they love the taste of fresh food, and the opportunity to provide food for their families.

They also enjoy sharing the friendship of gardening side by side; sharing groups tasks such as watering; and, generally getting to know each other and their families and traditions. Sometimes plants are donated and sometimes seeds are harvested from mature plants. If you would like to donate plants, seeds, tools or a picnic table and bench, please contact Linda at 519-883-0410.

Summer Camp: A Family Tradition



Do you remember this family? You first met Monica and her children in the Spring of 2008, when they shared their summer camp experiences with you in Friendship News.

Thanks to you, Samantha, who is now in Grade 8, continues to go to the camp, where she enjoys re-connecting with friends and swimming, canoeing, archery, and singing, lots of singing. While members of her congregation are learning a new hymnal, Samantha can be seen miming the actions to the hymns which she has previously learned at camp!

Mom values that this particular summer camp is Christian-focused, reinforcing the values of the family's home and church. Monica, a single mother, explains, *"Summer Camp is a wonderful program. It kept us together...it was something we all shared...and we talk more...and it kept the kids focused."*

Improving Lives One Person at a Time



When is a shed more than just a shed? When it becomes the means by which a young man can gain skills, experience, and confidence, and in turn, contribute to the well-being of others. Jerry, a recent graduate of Kiwanis House is seen here, helping Maintenance Assistant, Scott, build the shed that now houses bicycles for Cramer House residents.

A recent study by John Stapleton for the Mowat Centre for Policy Innovation concludes, "Single, young men are the new face of poverty in Canadian cities," with little support available to them.

Jerry continues to work and learn with Scott, and in the process, be better prepared for his future.



Here We Grow Again...Serving You Better

House of Friendship's Addiction Services is now partnering in providing addiction supportive housing (ASH) in Waterloo Region.

In collaboration with Waterloo Regional Homes for Mental Health, residents living in 16 units will be provided with supports that include addiction counseling, health teaching, and lifestyle support.

The goals of the program include: increasing overall health, providing stable housing, and decreasing emergency room visits. The ASH program is funded by the Waterloo Wellington LHIN and serves both men and women.

Healthy Snacks For Healthy Kids



Special thanks to the Rotary Club of Kitchener Grand River for providing nutritious snacks for children and youth to enjoy while participating in programs at Chandler Mowat, Kingsdale, Sunnydale and Courtland Shelley Community Centres and the *Live and Learn* program.

Volunteers Needed

Courtland Shelley Community Centre

Volunteers are needed to help with the Summer Program in July and August. Please call Doreen, 519-571-7953. *Did you know...* Courtland Shelley Community Centre also has a community garden?

Friendship News is published quarterly by House of Friendship, edited by Christine Rier, printed by **Arkay Design & Print**, & delivered to local churches by **Waterloo Nissan**.

Staying In Touch

If you receive a copy of *Friendship News* through your church and do not wish to receive a copy through the mail; if your name or address need updating; or, if you donate more than once-a-year, but prefer only one receipt at the end of the year, please let us know at: 519-742-8327. You can also contact us should you wish to change how we communicate with you.

You Can Help

- * *Charles Street Men's Hostel* needs razors, t-shirts, socks and men's individual hygiene products. Please call Shannon, 519-742-8327
- * *Courtland Shelley Community Centre* needs the following items for summer program: crayola markers, construction paper, chenille stems (coloured pipe cleaners), stickers, foam shapes, coloured pencils, tissue paper, pompoms, wiggly eyes, beads, sequins, sidewalk chalk, bubbles, basketballs, soccer balls, tennis or rubber balls, badminton birdies, skipping ropes (long and short), hula hoops, water balloons, face paint, etc. Please call Doreen, 519-571-7953
- * *Emergency Food Hampers* would like to know if you have any old curling brushes (the sport, not the hairstyling ones) that you are no longer using? The Program uses them to clean plastic totes that are used to store and repackage items in the warehouse. Horse hair ones are ideal. Please call Matt, 519-742-0662
- * *Chandler Mowat Community Centre* is looking for donations of pre-school age books. Please call Jeremy, 519-570-3610

Zehrs tapes (no other tapes please) and other donated items may be dropped off anytime at the back door of the Charles Street Men's Hostel, 63 Charles Street East, Kitchener.

Monetary donations can be mailed or made on-line at www.houseoffriendship.org. Thank you!



<http://hofemergencyfoodassistance.wordpress.com>

<http://houseoffriendship.wordpress.com>

www.houseoffriendship.org

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