



Coming Events

- **Mannheim Mennonite Church Benefit Concert**—April 28, 2007, 7:30 pm
- **Trek 4 Kids Hike & Bike**—June 10, 2007, 2:00 pm. (location TBD)
- **Annual Meeting**—June 21, 2007 (location TBD)
- **Friendship Golf Tournament** - July 11, 2007 Grand Valley Golf Club

Service Areas

Addiction Services

- Alcontrol
- Moving Forward
- 174 King Street North

Community Services

- Appliance Repairs
- Christmas Hampers
- Emergency Food Hampers

Family Services

- Chandler Mowat Community Centre
- Courtland Shelley Community Centre
- Kingsdale Community Centre
- Sunnydale Community Centre
- Live & Learn
- Summer Camp Sponsorship

Residential Services

- Charles Village
- Charles Street Men's Hostel
- Cramer House
- Eby Village
- Kiwanis House

Life Lessons Lived and Learned Women use leadership skills to benefit others

"I'm the idea person and she's the doer," Lorraine MacDougall smiles as she describes her working relationship with her friend, Joanne Coulas.

MacDougall and Coulas are both members of the Leadership Team at the new Paulander Community Centre, located in a townhouse unit provided by Waterloo Regional Housing at 60 Paulander Drive in Kitchener.

MacDougall and Coulas got to know each other through House of Friendship's Live & Learn Program where both participated for several years.

MacDougall, a mother of two children, was referred to Live & Learn in 2002 by a Public Health Nurse at the Waterloo Region Prenatal Nutrition Program. "Initially it was just something to do, but over time I developed friendships with people like Joanne," MacDougall noted. "I got strong support from other women and staff in the program when I was going through some tough times with my son," she added.

MacDougall is trained as a Community Nutrition Worker and currently works in that capacity. "Here at Paulander, we're putting together a program to bring the various ethnic groups in the neighbourhood together," she said. She finds that preparing and sampling foods from different cultures is an effective way to break down barriers between ethnic groups.

Joanne Coulas is the mother of four children, all of whom have experienced learning difficulties. She participated in the Live & Learn Program for 12 years, ending in 2006.



Lorraine MacDougall (L) and Joanne Coulas are on the Leadership Team of the Paulander Community Centre in Kitchener

During this time she experienced some mental health problems and the temporary loss of her housing.

She credits Live & Learn with giving her the confidence to try new activities such as crafts and learn new skills such as those gained through parenting classes.

Coulas now spends 20 hours a week helping run the Paulander Community Centre. "My life is so much better now because our family is self-supporting, I no longer take anti-depressants and I am doing well," she says. "With all the skills from Live & Learn, I am confident about my future and continue to enjoy crafts and other activities. I am encouraged for the road ahead," she adds.

"I am so thankful that Live & Learn, as well as friends and other services, have walked with me. Now I can walk alongside others; I understand their journeys."

I want to see a mighty flood of justice, a torrent of doing good. Amos 5:24

Eid-ul-Adha Halal meat donations



Emergency Food Hamper Program Coordinator Greg Newton (L) receives Halal meat from Nevine Elgendy, Howaida Wahdan, and Souad Zaki of Muslim Social Services. Over 400 pounds of Halal meat were donated as part of the Eid-ul-Adha Meat & Food Drive in January 07

The end of Hajj, the Muslim pilgrimage to Makkah, marks the beginning of Eid-ul-Adha, the Festival of Sacrifice, the second of two major Islamic holidays. It commemorates Prophet Abraham's willingness to sacrifice his son Ismael. Because God spared Ismael, substituting a sheep for him, Muslims slaughter an

animal and distribute its meat among family, friends and the needy as an act of charity.

House of Friendship's Emergency Food Hamper Program has received many of these donations over the past three years and we thank the Muslim community for this assistance.

Financial Update

We are pleased to report that House of Friendship received over \$440,000 in donations in the 3rd quarter (Oct-Dec '06) of our fiscal year. If this trend continues in the 4th quarter we will exceed our goal of \$675,000 in donations by March 31, 2007.

Expenses are also currently below budget so the possibility exists to eliminate an anticipated deficit with a strong 4th quarter performance in donations and expenditure control.

We thank everyone who assists low-income people in our community through your generous donations of cash, volunteer time and gifts-in-kind through House of Friendship.

Together, we will continue to strive to achieve "A mighty flood of justice and a torrent of doing good" for all members of our community.

Super Spud Solicitation!

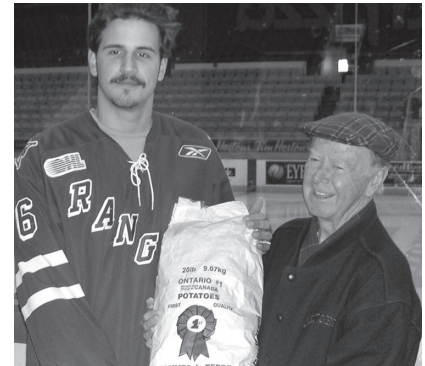


St Andrew's Presbyterian volunteers solicit at the Glenridge Zehrs store

Volunteers from six Presbyterian Churches in K-W solicited nine supermarkets on February 17, 2007 for the Potato Blitz. They collected 19,191 pounds of potatoes and \$6146 in cash for an equivalent of 80,654 pounds, the highest total to date!

This event was organized again this year by Glenn Stewart of St Andrew's and John Lambert of Waterloo North.

Ranger fans support Potato Blitz



Ranger forward Brian Soso presents a bag of potatoes to Don Cameron

Kitchener Rangers hockey fans contributed \$2453.54 and 1035 pounds of potatoes (25,570 pound equivalent) at Don Cameron Potato Night held at the game on Feb 9, 2007. This is the second best total in the 11 year history of this event. Thanks Ranger fans!

Volunteers from Steinmann Mennonite Church in Baden assisted with potato transportation to our storage bunker at the J. Steckle Heritage Homestead.

The Community Potato Lunch was again hosted by St. Andrew's on February 23, 2007.

House of Friendship thanks everyone who contributed to the Potato Blitz this year. Your help to provide food assistance is greatly appreciated.



Steinmann Mennonite Church volunteers enjoy unloading spuds

Reflecting the meaning of Christmas Volunteers pack and deliver 3006 hampers

Volunteers with our Christmas Hamper Program packed and delivered 3006 hampers in December. This provided a gift of food for 8220 people.

This letter by Ken Egerton was published in The Record (Jan 2, 2007).

My wife and I are both disabled, and it looked like a pretty bleak Christmas and New Year's, until the House of Friendship and all those truly wonderful, warm-hearted and generous people in the great city of Kitchener showed they cared. The food hampers and the thoughts and wishes that went with them truly reflect the meaning of Christmas.

Those wonderful, warm-hearted and generous people include the following:

- All 630 volunteers;
- Students and staff at Rockway Menonite Collegiate and their families;
- Barry Humphrey who donated space at 341 Marsland Drive, Waterloo.



Volunteers on the Christmas Hamper packing line in December 2006

- Brian Kurtz Trucking for donating a refrigeration truck;
- Barry Abelson and Jim Erb who raised funds from 135 donors to buy turkeys for families of three or more (see below);
- Donors to House of Friendship, the Abelson Turkey Project and Food Bank of Waterloo Region.

Social Service Intern Needed

House of Friendship is seeking a young person interested in a "hands-on" social service experience for a period of one year beginning on May 1, 2007 and ending on April 30, 2008. Pay is \$8.91 per hour.

This position is intended for those who may be contemplating a career in social services and are seeking some practical experience. Some physical labor is required. Candidates should have completed or partially completed a college or university program. An Ontario drivers license is required.

Those interested in this work and service opportunity should contact Tony Bender at 519-742-8327 and send him a resume by March 19, 2007. Tony can be e-mailed at tonyb@houseoffriendship.org.

Turkeys appreciated



Executive Director Deb Schlichter (L) and Charles Village Supervisor John Alexander (centre) give a turkey to a grateful recipient

Three years ago Waterloo businessman Barry Abelson raised funds so that no family would have to go without a turkey at Christmas. This year the turkeys were provided through our Christmas Hamper Program. Thanks to Barry and Jim Erb for this great initiative!

Foundations assist Families

House of Friendship gratefully acknowledges two significant grants that will fund After-School Programs at four community centres.

The Lyle S. Hallman Foundation is providing \$90,000 over two years. \$40,000 will be used for After-School Programs and \$50,000 for research to develop a sustainable funding model for these programs.

The Kitchener and Waterloo Community Foundation, Ontario Endowment for Children and Youth in Recreation Fund is providing \$22,500 for After-School Programs to be shared among four community centres in 2006-07.

House of Friendship is a partner in community centres in the Chandler Mowat, Courtland Shelley and Kingsdale neighbourhoods of Kitchener and the Sunnydale neighbourhood of Waterloo.



Hulene Montgomery (L) Executive Director of the Lyle S Hallman Foundation presents a cheque to Deborah Schlichter of House of Friendship

The After-School programs provide children in these neighbourhoods with a safe place to take part in educational, social and recreational activities at the end of the school day.

House of Friendship thanks the Lyle S. Hallman Foundation and the Kitchener and Waterloo Community Foundation for this generous assistance to fund these valuable programs that assist families.

Volunteers Needed

- **Childcare assistants and drivers** (Tuesday—Thursday afternoons) are needed at the Live & Learn program from 1:15-3:15 pm. Call 519-570-0954.
- **Hamper packers** are needed at the Emergency Food Hamper Program (Mon—Fri 10:30 am—4:15 pm). Call 519-570-3976.
- **Guitarist/musicians** are needed once a month to lead singing for chapel service at the Charles St. Men’s Hostel on Sunday evening from 8-9 p.m. Call Ron Flaming at 519-742-8327.

Job Opportunities

For employment opportunities at House of Friendship visit Job Postings on our website at www.houseoffriendship.org.

Friendship News is published quarterly by House of Friendship. It is edited by Brian Hunsberger and printed by **Arkay Design & Print**. It is delivered to K-W churches courtesy of **Waterloo Nissan**.

Notice To Readers: Please help us update our records. If you receive a copy of Friendship News through your church and do not wish to be mailed a copy at home; or if your name or address are incorrect; please call 519-742-8327 or e-mail admin@houseoffriendship.org and let us know. Also if you donate more than once a year but only wish one receipt at the end of the year, please make that request. Thank you.



P.O. Box 1837, Station C Phone: 519-742-8327
Kitchener, ON N2G 4R3 Fax: 519-742-8868

E-mail: admin@houseoffriendship.org
Deborah Schlichter, Executive Director
www.houseoffriendship.org



You Can Help

- **Fresh or frozen meat (beef), tea towels, dish cloths, baking supplies, men’s gloves, socks, underwear, toiletries (toothpaste, toothbrushes, deodorant, combs, shaving cream, etc), economy bath towels, winter coats and especially QUILTS for single beds** are needed. Drop off at 63 Charles St E at any time.
- **Board games and piano keyboards** are needed at the Kingsdale Community Centre. Call 519-748-6463 or drop off at 80 Wilson Ave, Kitchener.
- **Clean grocery bags, toiletry items (razors, toothpaste, toothbrushes, shampoo, soap) and women’s hygiene products** are needed at the Emergency Food Hamper Program. Drop off at 807 Guelph St., Kitchener, Mon-Fri 8:30 a.m.—4:30 p.m.
- **Zehrs & Sobeys grocery tapes** are welcome for our Family Services Programs. Please label your tapes for “Doris Martin” and drop off at 63 Charles Street St., E., or call Doris at 519-742-8327.

Donated items may be dropped off any time at the back door of our Charles St. Men’s Hostel, 63 Charles St. E., Kitchener

