

friendshipnews

Building a Bigger Table for All to Belong and Thrive

In her TED Talk (www.ted.com/talk), 'The Story We Tell About Poverty Isn't True,' Mia Bird challenges us, 'to look again at people in poverty: They may be broke – but they're not broken.'

Nowhere is this more evident than at House of Friendship's (HOF) four Community Centre programs in priority neighbourhoods such as the Chandler Mowat community in Kitchener. It is geographically isolated by major roads and home to many families living on low-income, including new Canadians. More than 60 residents volunteer at the Centre, almost 60% of HOF's program staff have lived or live in the neighbourhood, and almost 200 households participate in the program.

During a recent free market pilot, that included 7,300 pounds of food from Food Not Waste, neighbours started canning and hosting potlucks. This is one of many local partnerships connecting and serving residents. This year, HOF also collaborated with Muslim Social Services and the City of Kitchener to bring support counselling to the centre; a group of Rohingya community members regularly meet at the Centre as part of this project. (cont'd page 2)

20th annual
Friendship Dinner
Fellowship and Inspiration
Saturday, October 17, 2015

"The Legacy of Community Leadership"

Be inspired by three community leaders:



Bryan Larkin
Chief of Police
Waterloo Regional Police Service



Laura Manning
Executive Director
Lyle S. Hallman Foundation



Berry Vrbanovic
Mayor
City of Kitchener

Musical Entertainment:
Inshallah



Mike Farwell
Discussion Facilitator
Rogers Radio Group
On-air Personality

Rockway Mennonite Collegiate

110 Doon Road, Kitchener

Saturday October 17, 2015

6:00 p.m. Punch Reception

6:30 p.m. Dinner

Tickets: \$75 per person

hoffriendshipdinner20.eventbrite.ca

519-742-8327 x131

#foodandhope

Coming Events

february POTATO BLITZ 2016

Don Cameron Potato Night
Friday January 29, 2016, 7:30 p.m.
The Aud, Kitchener
Kitchener Rangers vs. Windsor Spitfires

Supermarket Blitz
Saturday February 6, 2016, 10 a.m.–3 p.m.
Throughout grocery stores in KW

Community Potato Lunch
Friday February 26, 2016, Noon–1 p.m.
St. Andrew's Church, Kitchener



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“ building a healthy community where all can belong and thrive. ”

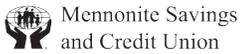
144 Happy Campers!



Over 200 of you hit the Iron Horse Trail for the 10th annual TREK 4 KIDS in May to help send kids living on low-income to summer camp for the experience of a lifetime. TREK proceeds, together with your Summer Camp Sponsorship donations, sent 144 kids to camp this year. Thanks!



Nelson J. Grigg from
HollisWealth.



friendship GOLF TOURNAMENT

Over 160 golfers chipped away at poverty raising over \$40,000 to support a daily mission of service to our neighbours in need. Thank you!



Nelson J. Grigg from
HollisWealth.



- Expressway Ford
- Gascho Automotive Ltd.
- Mennonite Savings & Credit Union
- Menno S. Martin Contractor Ltd.
- Toyota Motor Manufacturing Canada Inc.
- Decortile Ltd.
- FaithLife Financial
- T-Weber Co. Ltd.



(cont'd) This fall, Jewish university students connected to the Rohr Chabad Centre for Jewish Life Waterloo Region, will start baking 200 baked goods-a-week for the centre's many vegetarian and Halal-eating families. It's exciting to see young people so involved. This includes a new youth soccer team and a Chandler Mowat Youth Council. These are our future community leaders. From gatherings to parent-child cooking groups, Chandler Mowat residents, with HOF and community partners, are creating a neighbourhood where everyone is welcome. All of this 'magic' happens, because you support a bigger community table at which all can belong and thrive.

Helping Kids be Kids



THE KITCHENER
AND WATERLOO
COMMUNITY
FOUNDATION

With support from The Kitchener Waterloo Community Foundation, Lyle S. Hallman Foundation, Waterloo Region Record and the Kids to Camp Fund, children ages 4-12 years were able to attend House of Friendship's Courtland Shelley two-week summer day camp this year. Various activities included indoor and outdoor games and sports, arts and crafts, music, literacy and math activities, computer lab, and field trips.

A Bountiful Harvest

Now in it's third year, the Supportive Housing Gardens project is yielding much more than vegetables, herbs and flowers. Tenants from Eby and Charles Villages, and Cramer House, continue to grow a healthy and sustainable community garden. The project focuses on community engagement, participant education, garden development, and healthy living. For example, dried mint from the gardens was used in a soap-making workshop with The Working Centre. Tenants did a volunteer labour exchange, working in the gardens of people who volunteer at the Supportive Housing Gardens. Tenants painted bird feeders and learned about the benefits that birds provide to gardens. They also learned about water supply systems and experimented with growing seedlings. Tenants combined cooking and produce from the gardens to cook healthy meals. And they created their own therapeutic area in the gardens for quiet relaxation. All of this work and collaboration is rooted in healthy peer relationships and growing confidence made possible by supportive housing. You can read more about the gardens at HOF's blog: hofemergencyfoodassistance.wordpress.com

“ Tenants continue to learn and grow together, as well as build friendships through workshops, meetings and activities, increasing their health and well-being. ”

On June 16, 2015, at Kingsdale Community Centre, Kitchener, all surviving House of Friendship (HOF) Past-Presidents but one were in attendance for the 76th Annual Meeting to receive The Buhr Legacy of Friendship from former Executive Director, Martin Buhr. This recognition acknowledges the tremendous leadership contributions from HOF Board Members, past and present.

The Art of Community Leadership



“We strengthen people and communities by being there when needed, speaking up and working together.”



Opening Up Food Hampers

Since 1958 House of Friendship's *Emergency Food Hamper* program has been the 'go-to source' for local individuals and families in need of emergency food assistance. On average 120 households rely on the program each weekday to help them have food on the table while they struggle to 'make ends meet'.

For several years, the program site has been stretched to capacity. In 2014, the program provided over 28,000 food hampers, compared to 4,173 in 1985. *“This level of service has taken a toll on the facility and we need to do some urgent upgrades,”* explains Tony Bender, Community Services Director (above)

The \$500,000 *Opening Up Food Hampers* project will expand the current warehouse and update the 807 Guelph Street, Kitchener property. When complete in fall 2016, the project will: 1) ensure people in need of food assistance can safely access the program, 2) improve efficiencies when receiving deliveries and storing food, and 3) increase privacy and dignity for program patrons in a more welcoming space.

To support 'Opening Up Food Hampers', please visit houseoffriendship.org, click on the Donate button, and select 'Opening Up Food Hampers' or call 519-742-8327 x131. Thank you.



**HOCKEY HELPS
THE HOMELESS**

Be a Game Changer

The second annual **Hockey Helps the Homeless Kitchener-Waterloo Tournament** on October 30th at RIM Park is a one day pro-am hockey tournament where individuals share the rink with former NHL players and women Olympians. Participants fund-raise for local homelessness organizations, including House of Friendship's Charles St. Men's Hostel, and receive the full pro experience. Sign up to play, sponsor, support a player, or donate a silent auction prize:

hockeyhelpsthehomeless.com



**SAVE
THE
DATE**

**Dec. 2015
Christmas Hampers
Turkey Drive
#12daysforgood**



Volunteers Needed



Do you have business expertise to share and/or do you love spending time in the kitchen, working alongside others? House of Friendship's **Supportive Housing** program is looking for your help to grow the **Mabel and Friends** tenant-based catering social enterprise project. If you are interested, please contact Janine at 519-570-2400 or janines@houseoffriendship.org.

Supportive Housing also invites you to volunteer with:

- driving (occasional)
- community building with residents
- event planning (occasional)
- administrative tasks
- working with staff to facilitate group activities or provide support to residents
- planning and building a raised garden bed

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

You Can Help

- **Charles Street Men's Hostel** needs razors, tooth brushes, tooth paste, deodorant, socks, and underwear. Call Annisa, 519-742-8327 x336
- **Supportive Housing (Charles, Cramer and Eby)** needs gently used/new muffin tins, patio chairs, wood and soil for a raised garden bed, a reel cart for a garden hose, new mattress covers (single and double), bus tickets, and coffee vouchers for tenants. Call Christine S., 519-570-2400 x422
- **Charles Street Men's Hostel Kitchen** needs meat especially beef, cold meat for bag lunches, baking supplies e.g. nuts, flour, sugar, (white and brown), jam and juice (crystals, frozen, or canned), milk powder, and coffee whitener. Call Sandra, 519-742-8327 x334
- **Sunnydale Community Centre** needs laundry detergent, dishwashing liquid, shampoo, bars of soap, toothpaste, and adult and child toothbrushes. Call Linda, 519-883-0410
- **174 King Street North** could use donations of new twin bedding (pillows, blankets, comforters, sheets). Call Robbie, 519-885-3330 x525

Friendly Reminders

Please be aware **Charles Street East, Kitchener, from Benton to Borden, is closed to through traffic**, and there is no on-street parking. ION construction updates can be found at www.rideion.ca. Groceries (and grocery store gift cards), prepared food from 'publicly inspected kitchens', men's clothing and monetary donations are gratefully accepted 24/7 at the back door of the **Charles Street Men's Hostel**, 63 Charles Street East, Kitchener. We accept only food donations at the **Emergency Food Hamper Program**, 807 Guelph Street, Kitchener. Donations can also be mailed or made on-line at www.houseoffriendship.org. *Thank you!*

Staying In Touch

If you already receive a copy of Friendship News through your place of worship and do not wish to receive another copy at home; if your name or address need updating; if you prefer to receive e-news; if you donate more than once-a-year, but prefer only one annual receipt; or, if you would like to change how we communicate with you, please contact Shelley at 519-742-8327 x131 or fundraising@houseoffriendship.org. *Thank you.*

We want to see a mighty flood of justice, a torrent of doing good.



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