

# friendshipnews

## Pat Is One Reason Why We're Opening Up Food Hampers

At one time, Pat was able to donate to the Emergency Food Hamper program. She never imagined she would one day be the recipient of her own generosity. After all, she had always worked hard and taken care of herself; for 35 years she was a professional cleaner. While life gave her a few knocks along the way, she always found a way to get back up. Then her health deteriorated and she was not able to work.

Now, she is a regular at Food Hampers, where she volunteers three days most weeks. She is a familiar face greeting and comforting those she meets and helping keep the place tidy. She takes her volunteerism very seriously, remembering the feelings of guilt and unworthiness that she had when she first needed a food hamper.

Today, she needs the occasional hamper to help stretch her food budget. She especially appreciates the fresh vegetables and fruit. Her perspective has changed: *"There is nothing to be ashamed of, absolutely nothing, [when visiting Food Hampers]...they care about you...For the first time in my life I feel important."*

We want everyone to feel this way when they visit Food Hampers, which is why House of Friendship is renovating the program on Guelph Street in Kitchener. Since 1958 Food Hampers has been the 'go-to source' for direct food assistance in Kitchener Waterloo.

On average, 120 families rely on the program each weekday to help them put food on the table. The program is stretched to capacity.



In 2014, it provided over 28,000 food hampers; 4,173 hampers in 1985. After the \$532,500 renovation project, people will be able to safely access services, receive improved delivery of crisis support assistance, and have greater privacy and dignity in a more welcoming space. With over \$325,000 raised, we are over half way towards **Opening Up Food Hampers!**



Visit [houseoffriendship.org](http://houseoffriendship.org) to help Open Up Food Hampers

Artistic rendition by Whiting Design

**Coming Events**

**National Volunteer Week**  
April 10-16, 2016

**Trek 4 Kids hike & bike**  
SATURDAY May 7, 2016 @ 2:00 p.m.  
(registration starts at 12:30 p.m.)

**77th Annual Meeting & Strawberry Social**  
TUESDAY June 21, 2016

**Friendship Golf Tournament**  
Wednesday July 13, 2016

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



february

# POTATO BLITZ 2016

After 29 days, 3 events and the help of more than 200 volunteers, we are nearing our goal to meet the annual need for 300,000 pounds. You have collected the equivalent of more than 247,000 pounds of spuds. Thank you!

## Help finish the Blitz:

1. Donate to buy spuds

[www.houseoffriendship.org](http://www.houseoffriendship.org)

2. Text to give and buy spuds

Text **SHARE** to **41010** to donate

\*\$5 or 25 pounds of spuds!

\* empowered by



Mennonite Savings and Credit Union

Spuds are being used in emergency food hampers. When the spuds run out in April, donations will be used to buy more spuds!



## Thank you!



Community Partnerships Program

Join us for an evening with  
The Right Honourable  
**Adrienne Clarkson**  
**BELONGING**  
DIVERSITY, COMMUNITY  
CAPACITY & CONTRIBUTION  
**MAY 25TH 2016**  
HUMANITIES THEATRE @ UWATERLOO  
DOORS OPEN 5:30PM  
**6:15PM | LECTURE**  
This is an open and free event.  
**Tickets: [belonging.ticketfi.com](http://belonging.ticketfi.com)**  
Contact 519-725-1806 for information.





Photo ©Michael Chambers

## Paying It Forward At Sunnydale

“ I had my first social work practicum at the Sunnydale Community Centre program, one and half years ago. I always wanted to come back to Sunnydale, but I didn't get a chance to because I live really far away and I had to balance school work and part-time jobs. I am grateful that I had my first placement in Sunnydale. In the transition to a different culture and different weather, I really appreciate you tried so hard to support and empower me. Thank you very much! Now, I am graduated and luckily found a job at the Emergency Food Hamper Program. This week, I received my first pay cheque as a social worker. I wonder if I could buy some groceries (as I recall, milk, coffee or tea stuff is always needed at Sunnydale), which would be meaningful for me. I don't have a lot of money, but I want to do something for the residents in Sunnydale. Please let me know if I can help. Thank you again! ”

How special it was to receive this note at the same time as the City of Waterloo Council approved a 2016/2017 grant increase for the Sunnydale Community Centre program, recognizing the exceptional work done there, and its importance to this diverse, emerging community. Many thanks to the Sunnydale supporters who came out to the Council meeting in support of this decision.

## SAVE THE DATE

### 77th HOF Annual Meeting & Strawberry Social Belong!

Tuesday, June 21, 2016, 6:00 p.m. - 9:00 p.m.

Kingsdale Community Centre, Kitchener

All Welcome.



## Help Send Kids To Summer Camp

For more information and to sign-up visit: [bit.ly/Trek4Kids2016](http://bit.ly/Trek4Kids2016)

“ Without this program, my daughters would not have had this invaluable experience. I am financially challenged...we have never been able to take a family vacation of any kind so this (over-night summer camp) is literally the only summer event my children have to look forward to. THANK YOU. ”

## Trek & Thrive!

We introduced you to Ummul last December when she shared her story of 'belonging', of coming to and settling in Kitchener. She was overwhelmed by the positive response her letter received. She's not finished!

Inspired by her passion to serve, especially children, Ummul will be participating in **Trek 4 Kids Hike and Bike** this May. She's putting a team together and will be trekking to send kids to camp from her 'home' community of Chandler Mowat.



She stopped by recently to see The Awesome Wall on her way to university classes. When not in class, she is busy leading children's programs at House of Friendship's **Chandler Mowat Community Centre program**. She is very excited about a new program. 'Culinary Queens' will bring teenage girls together to share, learn and grow, creating space where they can contribute with their unique gifts, just as you have given Ummul space to grow and contribute to her community. See you at Trek!

## Your Legacy

Think of your legacy as your footprints in the sand. What will your footprints say about your life when you are no longer here? Will they honour the values and causes that you and your family care about most? Will they inspire others to carry on your values? Consider discussing this with your loved ones today and including your favourite causes in your Will ~  
Lynn Whetham at Stepright Capital Planning Inc.

**Need help starting the conversation? Contact your Professional Advisor or Mennonite Foundation of Canada or House of Friendship.**



## CHRISTMAS HAMPERS & TURKEY DRIVE 2015

Another year of sharing the gift of food with our neighbours in need

The **Rotary Club of Kitchener Conestoga**, its annual Turkey Drive, **Rockway Mennonite Collegiate's** annual Food Drive, over 700 **Christmas Hampers and Turkey Trucks volunteers**, and several local churches, schools and businesses, teamed up to make the Holiday Season a little brighter for 10,500 of our neighbours living on low income, bringing them food and joy in one of 3,800 Christmas Hampers, that included a turkey and everything for a special family Holiday meal.



## Thank You Volunteers!



## Volunteer Drivers Needed

At Kingsdale Community Centre for appointments and to assist with deliveries during food distribution. Please call Alissa, t: 519-748-6463

## My HOF Beginnings...

*"My father started me 'giving' at ten years old. We packed up the leftover food from the parties Friday night at the restaurant where he worked, and delivered them to House of Friendship for Saturday lunch."*

Ed Ruppe,  
Board Member

**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 deodorant, men's boxers, jackets (L), gloves, razors, clear water bottles, art supplies (adult colouring books, pencil crayons, sketch pads), and radio/docking station/speakers. **Please call Ashley, t: 519-742-8327 x336**
- **Charles Street Men's Hostel Kitchen** needs baking supplies, spices, jam, pancake syrup, peanut butter, margarine, and meat of any kind. **Please call Sandra, t: 519-742-8327 x334**
- **Supportive Housing** would like patio chairs, garden supplies (knee pads, potting soil and top soil), new glass Tupperware and birthday cards, and is looking for a pool table and cues. **Please call Allison, t: 519-742-8327 x428**
- **Alcontrol** needs women's running shoes, slippers, towels (all sizes), socks, and coats, and **Moving Forward** is in need of newborn clothing, baby blankets, a baby grooming set, baby supplies and formula, and hats, mittens, toys and books for toddlers. **Please call Women's Addiction Services, t: 519-957-5001**
- **Kingsdale Community Centre** program requests play sand, preschool books, magnetic letters, children's CD's, Mega Blocks and Lego, craft supplies, and small kitchen appliances (blender, mixer etc.). **Please call Alissa, t: 519-748-6463**
- **Sunnydale Community Centre program** needs dress fabrics, ½" elastic and hand sewing needles, Laundry detergent, dish detergent, liquid or bar soap, shampoo and conditioner. **Please call Linda, t: 519-883-0410**

Donated groceries and prepared food from 'publicly inspected kitchens' are gratefully accepted 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 the [new HOF web site: www.houseoffriendship.org](http://www.houseoffriendship.org) Thank you!

## 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; if you prefer to receive future issues via email; if you donate more than once-a-year, but prefer only one receipt at the end of the year; or, if you would like to change how we communicate with you, please contact us at: **519-742-8327 x.131** or [fundraising@houseoffriendship.org](mailto:fundraising@houseoffriendship.org)

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



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