



# ***The “Heart Beat” of Pelham***

Fall 2013

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## **Links**

Food Bank Canada  
<http://www.foodbankscanada.ca>



## **A New Home for Pelham Cares!!**

Pelham Cares has finally realized its dream! After thirty years and constant searching, Pelham Cares has purchased a building for its permanent home. As of April 1<sup>st</sup>, 2014, Pelham Cares will call 191 Highway 20 East home (presently The Wine Garden).

Throughout the years, Pelham Cares Inc. has made well over 30 site visits, carefully considering various possibilities. “Unfortunately, the facilities were too small, not affordable or not accessible” states **Jane Gilmour, President of Pelham Cares Inc.** Gilmour added “This location is the perfect size, great location, fully accessible and has the bonus of rental property included in the building. The potential rental income will greatly help to offset the mortgage payments. Although we were not specifically searching for property on Hwy. 20, we have found that since we have been located at next 124 Hwy. 20 (between Sobey’s and McDonalds), our donations, both food and monetary have greatly increased. I think that people drive by, see the sign and are reminded to come in and help those in need. The building will need very minor changes in order for us to begin our work there.”

## Word of the Day.....

**Volunteerism** may be defined as contributing one's time or talents for charitable, educational, social, political, or other [worthwhile](#) purposes, usually in one's community, freely and without regard for compensation. Since the seventeenth century, Americans have shaped their nation by their voluntary efforts: providing services, organizing political action, caring for the poor, reaching out to the disadvantaged, providing education, ensuring equality and civil rights for all citizens, and working for change.

Read more:

<http://www.answers.com/topic/volunteerism#ixz2iNAmA1nP>

## Food Items Most Needed:



- Canned Fruit & Vegetables
- Salmon, tuna, canned meat ( ham, chicken, turkey)
- Cereal
- Boxed oatmeal
- Sugar, small bags of flour
- Brown rice
- Applesauce ( unsweetened snack pack size)
- Toothpaste
- Bar soap, dish soap
- Shampoo
- Paper towels

**No time to shop? No problem! You may make a monetary donation by mail, in person or on line at [canadahelp.org](http://canadahelp.org)**

**Your donations will be used to purchase items most needed**

We have been extremely fortunate to have been able to rent the property we are presently in but our lease is up in August of 2014 and we are unable to extend it. This has been the ideal location and size but it was felt that we needed to make the decision to purchase our own building and not have the uncertainty of having to move from place to place. We will be building equity in our own property, rather than paying rent each month.

This is an exciting time for Pelham Cares and will allow us to direct our efforts and energy towards helping those in need and possibly expand our services, rather than searching for a new home. As many of you will recall, a committee known as Project Pelham Cares was formed in 2008 to investigate the feasibility of a permanent home for our social service agency. A capital campaign fund was started at that time and many local services clubs have been very instrumental in their support. Much of the money in the fund came from the proceeds of the Mayor's Gala held in 2009.

Gilmour added "Our great community has come together over and over again to help Pelham Cares deliver the vital programs and services for those in need in our town, and we believe that we can rely on them to continue their support of this next leg of our journey."

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## An Article for Everyone.....

[Food Banks Canada featured on the season opener of Undercover Boss Canada](#)

The episode follows Executive Director, Katharine Schmidt as she travels across Canada working alongside employees and volunteers at four food banks. The program highlights the challenges food banks are facing, the important work they are involved in, as well as the remarkable personal stories of the individuals Katharine Ms. Schmidt spends time with. Please [watch the episode online](#) on the W Network or check your TV listings for further air dates.

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## Up Coming Events.....

### 24<sup>th</sup> Annual Pelham Firefighters Association Toy Drive

This year the toy drive will take place starting Saturday December 7<sup>th</sup> – Sunday December 15<sup>th</sup>. You can put a smile on a child's face by dropping off a **new unwrapped** toy at the Fonthill Fire Station

### Pelham Community Food Drive

The Pelham Community Food drive will take place on Saturday December 7<sup>th</sup>, 2013 Beginning at 9:30am. PLEASE NOTE: Change in location!! This year food will be received and sorted at the Old Pelham Town Hall in Ridgeville, 491 Canboro Rd, Ridgeville. If you are unable to put your food out on the morning of Dec 7<sup>th</sup>, you can also drop off donations to our office located beside McDonalds in Fonthill anytime between Mondays – Friday, 8:30 am – 12:00 noon.

### Volunteers Needed for the Community Food Drive on Dec 7<sup>th</sup>, 2013 beginning at 9:30am

Morning and afternoon shifts are available. Volunteers are needed to sort, pack and move boxes of food. Food will be received and packed at the Old Pelham Town Hall, 491 Canboro Rd, and Ridgeville. Volunteers with trucks or vans are needed to help move packed boxes of food back to the office location (124 Hwy 20, Fonthill). If you wish to volunteer, please contact the office.

### Volunteers Sorting Food 2012



## Around the Community .....

### National Seniors Day October 1,2013

### PELHAM CARES CELEBRATES SENIORS

On October 1<sup>st</sup>, Pelham Cares partnered with the Pelham Public Library to celebrate National Seniors' Day. Seniors were asked to register in advance and were treated to a lovely lunch, compliments of Sobey's. Frank Krahn kindly offered his musical talents on the keyboard during the luncheon. At the urging of Melanie, from the Fonthill Library, Frank indulged those in attendance with a stimulating game of "Name That Tune". Some lucky folks even went away with a door prize!

The seniors seemed very pleased that something was planned just for them to show appreciation for all they have done over the decades in our community. The highlight of the two hour event was the Grade 1 Choir from Maplecrest School. Their teacher, Shannon accompanied the choir on her guitar and most of the songs were composed by the students. The seniors were delighted with the young group of singers and the magical music they delivered. Special thanks to the Pelham Library for allowing us to hold this event in the Festival Room.



## Christmas Hampers

Each Year Pelham Cares prepares close to 60 Christmas hampers for Pelham families in Need. Families receive a ham or turkey dinner complete with fresh vegetables, fruit and rolls along with Christmas treats and toys for the children. This year the hampers will be packed on Wednesday December 18<sup>th</sup> and available for pick-up by our families on Thursday December 19<sup>th</sup> at the Old Town Hall in Ridgeville. If you wish to make a donation or contribute to filling one of our family hampers, please consider donating one of the following items:

- New toy (to be dropped off at the Fonthill Fire Hall between Dec 7-15)
- Gift certificate (\$30 value) for a teen (i.e. movie passes, clothing store etc.)
- Ham or turkey (please call office to speak to staff regarding drop off)
- Christmas candy and treats
- A new book for a child, youth or adult
- Gloves and hats for teens and adults
- Personal care items that will be used for stocking stuffers (i.e. razors, deodorant, soap etc.)

( Christmas donations Peninsula Youth Centre - 2012)



## 30th Birthday Bash

On Thursday Sept 5<sup>th</sup>, we held our 30<sup>th</sup> Birthday Bash at the Pelham Farmers' Market. It was our way of saying thanks to a community that never stops giving. Complete with a giant birthday cake that was so generously donated by Sobeys Fonthill, orange and apple juice from McDonalds, and balloon animals so expertly created by the very tall stilt walker, Shaun Ferguson of Got Magic! Thank you Pelham for 30 years of support and giving!

*Shaun Ferguson of Got Magic*



## Volunteer Appreciation night: October 28, 2013

Our time to say THANKS to our volunteers who give so much of themselves every day! Close to 60 were in attendance at the event. Thanks to Pelham Community Church for hosting our evening event and to everyone in attendance

## Volunteer Profile – Tom Boyce

Mr. Boyce has been a volunteer driver with Pelham Cares Inc. since 1995. As a volunteer driver, Tom is responsible for picking up elderly residents at their homes and taking them to their medical appointments within the Niagara area and beyond. In 2012, Tom drove close to 5,000 km's, assisting seniors who are not

# Town of Pelham

In recognition for countless hours given to the **Town of Pelham**, the following Pelham Cares volunteers were recognized for their contribution:

Joan Mosier  
Catherine Tirpko  
Herb Lodde  
Ross McCarthy  
Riki Lerner-Green  
Carole Chapman  
Bill Chapman  
Gerry Mans

## Peer Award – Tom Boyce

Mr. Boyce has been a volunteer driver with Pelham Cares Inc. since 1995. As a volunteer driver, Tom is responsible for picking up elderly residents at their homes and taking them to their medical appointments within the Niagara area and beyond. In 2012, Tom drove close to 5,000 kms, assisting seniors who are not able to get to their medical related appointments. Tom has always made himself available to take a drive, even at short notice. He also is one of our very few drivers who will drive long distance to Hamilton or Toronto. These drives usually take all day and start as early as 5am. Clients love travelling with Tom, who always has a story to tell and a great ear to listen.

Tom also volunteers for the Fonthill Lions and most recently, as their President. In the past, he has been involved with raising funds for the Lions' Guide Dog program.

It is with great pleasure that we are able to nominate Tom for the 2013 Peer Award.

Tom Boyce receiving his award



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Tom also volunteers for the Fonthill Lions and most recently, as their President. In the past, he has been involved with raising funds for the Lions' Guide Dog program.

Tom was awarded with the 2013 Peer Award at the Town of Pelham Volunteer Recognition event that took place in October.

Thanks Tom for always being there to help Pelham residents in need!!



## **Celebrating Volunteers – “The Key to 30 Years of Success”**

To celebrate our dedicated volunteers, and all they have accomplished on our behalf, an appreciation dinner was held in October at Pelham Community Church. The theme of the event was “The Key to 30 Years of Success!” During the evening, two volunteers who recently resigned from active duty were presented with framed letters written by President, Jane Gilmour and Director, Colleen McCarthy. These letters expressed our deep gratitude for their many years of service.

**Gerry McDonald** was honored for his 16 years of service as a volunteer driver and great

## Christmas Hours

### HOLIDAY HOURS

Dec 23<sup>rd</sup> & 24<sup>th</sup> – OPEN 9am – 12 noon

Dec 25<sup>th</sup> & 26<sup>th</sup> - CLOSED

Dec 27<sup>th</sup> & 30<sup>th</sup> – OPEN 9am – 12 noon

Jan 1<sup>st</sup> - CLOSED

## Contact Us:

Pelham Cares is now on Facebook and Twitter! “Like us” so you can keep up to date on what we are up to!

We’re on the Web! [www.pelhamcares.org](http://www.pelhamcares.org)

### Address:

Pelham Cares Inc.

P.O. Box 1173, 124 Hwy 20

Fonthill, ON L0S 1E0

Ph.: 905 892-5300

(beside McDonalds)

Email: [info@pelhamcares.org](mailto:info@pelhamcares.org)

supporter of Pelham Cares.

**Evelyn and Pete Martinak** have given over 35 years combined service to Pelham Cares. Pete, as a driver for our transportation program and both in helping with our special holiday hampers. Due to health reasons, they felt it time to retire although their hearts are still with us.

In addition, special recognition was given to Tom Boyce by staff members, Betty Brown and Beth Cotter.



### Honored for their on-going support:

E.L. Crossley Secondary School

Independent Riders

Pelham Petroleum

Royal Le Page

### Corporate Citizen Awards

Rotary Club of Fonthill

Lazy Loon – Karey Warden

Fonthill and District Kinsmen

TD Bank - Joseph Giacomelli

McDonalds Fonthill - Terry Ware

### Town of Pelham Volunteer Service Awards

The following volunteers and businesses were recognized by the Town on October 30<sup>th</sup> for their service to Pelham Cares:

**Individuals** - Joan Mosier, Catherine Tirpko, Herb Lodde, Ross McCarthy, Riki Lerner-Green, Carole Chapman, Bill Chapman, Gerry Mans and Peer Award winner – Tom Boyce.

**Corporate Citizen Awards** - Rotary Club of Fonthill, Lazy Loon, Fonthill and District Kinsmen, TD Bank Fonthill, McDonalds Fonthill

**Sixty Over 60 Awards**

This year three Pelham Cares volunteers will be honoured on November 14<sup>th</sup> at Niagara's premiere annual event, the **60 Over Sixty Volunteer Awards Luncheon**. This prestigious award recognizes the distinct and outstanding contributions that individuals over the age of sixty have made to the Niagara community. Recipients of the awards were: Tom Boyce, Colleen McCarthy and Linda Roach.