



The “Heart Beat” of Pelham Winter 2014

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Word of the Day

Giving may refer to:

- [Joyful Giving](#), giving to others with no expectation of anything in return
- [Gift](#), the transfer of something without the expectation of receiving something in return
- [Generosity](#), the habit of giving freely without expecting anything in return
- [Charity \(practice\)](#), the giving of help to those in need who are not related to the giver



LAUNCHING PELHAM CARES CAPITAL CAMPAIGN! THE DATE HAS FINALLY ARRIVED

Pelham Cares is starting the new year with an exciting resolution to focus on its long-term viability through the Home for Good capital fundraising campaign.

The non-profit community agency recently announced the purchase of a building for its permanent home, after 30 years of searching for a suitable, affordable option. As of April 1, 2014 Pelham Cares will call 191 Highway 20 East home. At present, the location is occupied by The Wine Garden.

Funds have been raised since 2008, as a result of Project Pelham Cares, a committee formed to find a permanent home. While the work of that committee revealed potential sites, no suitable home was found, but the fundraising continued nonetheless.

Now, the Home for Good Campaign offers a one-time final push for the raising of funds to offset the

Food Items Most Needed:

Thanks to the generosity of our community, our shelves have now been replenished. We will list items needed as we run low on the Pelham Cares website. Please visit the website often for updates on food or personal care items needed. Thank you Pelham!!!

Up Coming Events.....

“Gala for Good” join Pelham Cares for an evening to remember on March 1, 2014.

The **Home for Good** Capital Campaign Committee is organizing a major fundraising event as part of the campaign to raise money to fund the permanent home for Pelham Cares.

The **Gala for Good** will take place Saturday, March 1 at Lookout Point Country Club, Tice Road, Fonthill.

The event will start with cocktails at 6 p.m., dinner at 7 p.m., followed by dancing. The evening will also feature live entertainment from several Niagara-area musicians, and there will be a silent auction, and a few surprises.

Tickets are \$125 and can be reserved in tables.

To reserve your tickets, contact the Pelham Cares office at 905-892-5300, or by email at info@pelhamcares.org. Tickets are also available by contacting Tracy Holmwood, event chair, at 905-688-9224, or by email to tholmwood@miller-restoration.com.

Annual General meeting:

Pelham Cares Annual Meeting will be held on Tuesday, March 25th at 2:00pm at the Fonthill Legion. All are welcome to attend.

mortgage costs significantly while having contingency funds for future necessities.

For more information about Pelham Cares, and the campaign, visit pelhamcares.org/capitalcampaign.htm.

Pelham Cares made the news - The Welland Tribune, The St. Catharines Standard and MyPelham.com, carried the exciting news of our new home for good and the launch of our capital campaign.

The entire press release can be viewed at:

<http://www.pelhamcares.org/newsandevents.htm>

An Article for Everyone

About hunger in Canada

Many people do not realize the extent of hunger's reach in this country. Each month, close to 850,000 Canadians are assisted by food banks, and 36.4% of those helped are children and youth.

The problem of hunger is a persistent one, with [food banks providing comparable levels of food and other assistance](#) for the better part of a decade.

Who is turning to food banks? There is no single, typical profile. The people helped include families with children, employed people whose wages are not sufficient to cover basic living essentials, individuals on social assistance, and Canadians living on a fixed income, including people with disabilities and seniors.

Consider these figures from [Hunger Count 2013](#):

9.4% (78,311,212) people each month access a food bank for the first time

36.4% of those turning to food banks are children

RURAL KIDS GRANT PROGRAM

The Rural Kids grant program is an initiative of The Grocery Foundation and the Ontario Association of Food Banks and provides food banks in rural Ontario, with populations under 50,000, an opportunity to increase the amount of fresh, healthy food available to children.

Pelham Cares Inc. applied for a grant to provide more nutritious options, such as fresh fruit, fresh and frozen vegetables, to the children of our food clients. The application was entitled “Healthy Food – Healthier Kids” and we were successful in receiving \$1,500 of the \$5,000 we applied for.

This money is to be used strictly to provide fresh produce for the children in order to increase the number of fresh fruit and vegetables they presently are getting. This money is to be used in a defined period of time and will therefore, provide temporary assistance only. We have been asked to obtain feedback from the parents regarding any changes they notice in their children as a result of the program.

It is our hope to once again approach local farmers for any excess produce they may have during the growing season, in order to enhance the nutritional value of the food we are able to provide.



and youth

4.3% of adults helped are over age 65

11.3% of people assisted are Aboriginal

50% of households helped receive social assistance

11.5% have income from current or recent employment

16.4% receive disability-related income supports

8% of food banks ran out of food during the survey period

50% of food banks needed to cut back on the amount of food provided to each household

Link: <http://www.foodbankscanada.ca/Learn-About-Hunger/About-Hunger-in-Canada.aspx>

Around the Community

Christmas Hampers

Thanks to a very generous community, Pelham Cares was able to help 54 Pelham families receive the gift of Christmas. Over 70 children and 80 adults enjoyed either a turkey or ham dinner complete with all the trimmings on Christmas day.

Toy Drive

Congratulations to the Fonthill Firefighters Association and Robin Richards for their very successful Christmas Toy Drive. For the first time in the history of the Toy Drive, Captain Rod Richards was unable to participate due to illness. Rod and his wife, Robin, began the Toy Drive, together with the Fonthill Firefighters' Association 24 years ago.

Many thanks to all who donated to this worthwhile endeavour and especially to Robin and the Fonthill Firefighters for putting smiles on the children of our clients Christmas morning. You have truly made it possible for the parents to give their children a very Merry Christmas, despite difficult circumstances.

Spotlight on Volunteers

What would we do without our hardworking crew of ladies that come in on Mondays and Thursdays each week to sort the hundreds of bags and boxes of donated food? As if they don't already work hard enough! In December these hard working ladies, under the capable direction of Linda Roach, put in quite a few extra hours to get the job done. Always with a smile and a laugh, they are ready to lend a hand to sort, date check, pack, lift and move the mounds of food that are donated throughout the holiday season.



Roach, Lucy Menzies and (Absent) Catherine Tirpko, Nancy Beamer and Karen Hooper.

Fenwick Parade

Pelham Cares and Miller Restoration teamed up for the Fenwick Santa clause parade, Thanks to our little elves Evan, Indy, Cal and Holly and the parents Matt and Tracy, Curt and Shauna for braving the cold blistery day our little elves collected 235.00 for Youth sponsorship !!!! What a great day.....



2013 Annual Food Drive

Many thanks to all who helped make the Food Drive so successful. We wish to thank Gerry Berkhout, Gwen Alves and Sylvia Berkhout for organizing the drive and arranging for the pick-up of food. Pelham Cares is the grateful recipient of the majority of the food and thanks to our very generous community, our shelves have been replenished.

We were once again blessed with an abundance of amazing volunteers who turned up at the Old Pelham Town Hall and off-loaded the trucks; date checked the food, boxed it all up and loaded it onto trucks for the trip back to Pelham Cares. Special thanks to Miller Restoration for providing trucks and personnel to transport the food.

We are very grateful to the Town of Pelham for allowing us to use the Old Pelham Town Hall to sort the massive amounts of food collected. Special thanks to Keith's Restaurant for providing homemade chicken noodle soup, My Place for a huge pot of yummy chilli, Tim Horton's for all the treats, coffee and hot chocolate and to Sobey's Fonthill for desserts to feed our hard working volunteers.

For the second year, we were very fortunate to have the help of International Students from Niagara College. Without any of us being aware, their teacher prepared a wonderful video showing the students in action. The link to this video is available through our website. We are thankful to the students from E. L. Crossley who arrived in the afternoon to take over from tired sorters. Their enthusiasm and muscle is always appreciated.

This year, Tim Horton's sponsored the Pelham Community Food Drive and we were delighted to have Doug Burr himself come and be a huge help in moving the process along. He even managed to entertain us in the midst of the chaos.

<http://www.youtube.com/watch?v=ozctDEAuDD8&feature=youtu.be>

Thankyou!

Pelham Cares wishes to thank the hundreds of individuals, businesses, clubs, churches and groups who helped make Christmas special for Pelham families in need. We couldn't do it without....

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Contact Us:



Pelham Cares is now on Facebook!

“Like us” so you can keep up to date on what we are up to!

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