



## 30<sup>th</sup> Annual General Meeting

On March 26<sup>th</sup>, 2013, Pelham Cares Inc. held its 30<sup>th</sup> Annual General Meeting at the Fonthill Legion. This meeting was the official kick-off of the celebration of 30 years of service to our Community. We were honoured to have three Past-Presidents join us, as well as a one of the originating founders of Pelham Cares. A Power Point presentation,

prepared by staff, took a look back through the years and included many newspaper headlines as well as photos which had been lovingly collected and cared for by Mrs. Eleanor Fisher and George Kowalski. Both collections have recently been turned over to Pelham Cares.

One of the highlights of the meeting, was when we heard directly from two of our clients and one of our volunteer drivers. It was most meaningful to hear what a difference Pelham Cares has made in the lives of our clients and how rewarding the experience of volunteering can be.

## Celebrating 30 Years

We at Pelham Cares are proud to be celebrating 30 years of "Helping Pelham Help Each Other. We also know that we wouldn't have done it with out you...our community! You have made it possible so we want to say show our appreciation in a small way by planning a number of events through out the year. We hope you will come out and join us.....

July 10 – Pelham Cares Camp Day (30<sup>th</sup> Event) (Fenwick)

Aug 14 - Pelham Cares Camp Day (30<sup>th</sup> Event) (Fonthill)

Sept 5 - 30<sup>th</sup> Birthday Party – Farmers Market

Oct 1<sup>st</sup> – National Seniors Day Event (details to follow)



During Hunger Awareness Week, Food Banks Canada and food banks all across Canada are asking Canadians to "Give it Up for Hunger" and help make a positive impact on the issue of hunger in our country.

Close to 900,000 Canadians rely on food banks in an average month because they cannot afford food. On May 8<sup>th</sup> consider giving up your meals for a day to symbolically know what it is like to have no food. Alternatively, you could consider donating food or funds to Pelham Cares.

"If you want to go fast, go alone. If you want to far, go together"

African Proverb

### FOOD ITEMS MOST NEEDED:

1. Pudding Cups
2. Baby wipes
3. Kleenex
4. Bar & Dish Soap
5. Shampoo/Conditioner
6. Large cans of fruit cocktail

Did You know?

Pelham Cares volunteers logged over 4,000 hours and 32,000km in 2012.

"Way to Go Volunteers"

## NATIONAL VOLUNTEER WEEK April 21<sup>st</sup> – 27<sup>th</sup>, 2013

Without our volunteers, Pelham Cares would not be able to provide much needed services. Our volunteers donate their time, energy and talents to help enrich the lives of others in our Community. We take this opportunity to salute each and every one of them.



### Volunteer Profile: Lou Bradley



Lou moved to Pelham about 4 years ago after spending 10 years in Costa Rica. She absolutely fell in love with the Niagara Peninsula and has never looked back. "It's the perfect place to retire", she says.

She spends her days at the gym, volunteering for Pelham Cares and the Pelham Library and is heavily involved with the local community theatres. Also working on their acreage with her husband Ken keeps them both busy.

As a volunteer driver for Pelham Cares for a few years now, I have found that the majority of my drives are for seniors. When one of them gingerly gets into my car, I always think of my 87 year old mother who lives in Calgary.

My mother tells me of her struggles to get to appointments and how she has to rely on my sister. Sister Terry has a very taxing job which takes her away from home for days at a time. I so wish I could be there to help my mother and take some of the pressure off of Terry. But, as life will have it, that is just not possible.

Thankfully, I live in a town that has a fabulous service of driving Pelham residents to medical appointments. If I can't drive my mother because of distance, I can surely help someone like her nearby. From a drive that may take a small hour out of my day or a road trip to Hamilton for the afternoon; I truly enjoy the grateful people I've met along the way. I always come away with a light in my heart knowing that I've lent a hand to someone in need.

I'm always thanked profusely by the clients. They appreciate it so much. But for me, it's such a small thing, and little do they know that I do it for MY mother.

Thank YOU Pelham Cares for giving ME the opportunity to help someone in need!

Sincerely,  
Lou Bradley

**Thank you Lou, for helping Pelham Cares help others!**

#### Board of Directors

Jane Gilmour, President  
Rev. Diane Walker, VP  
Sandra Warden, Treasurer  
Caroline Toffolo, Secretary

#### Directors:

Fred Disher  
Sue Kicul  
Ron Kore  
Colleen McCarthy  
Keith Moore

#### Lifetime Members:

Harold Griffin  
George Kowalski

#### Staff:

Betty Brown, Coordinator,  
Client Services  
Beth Cotter, Receptionist

## Volunteer Opportunities

Pelham Cares is still in urgent need of volunteers to assist in the following areas:

**Drivers** – volunteers use their own vehicles to assist clients requiring drives to medical appointments in the Niagara area or beyond (at drivers discretion). Must have own vehicle and have a police check. (Time Commitment: 2-3 drives/month)



### ***“We Couldn’t Do It Without You!”***

Pelham Cares Inc. relies heavily on the on-going support of our community to enable us to provide food for the hungry along with our other services. We couldn’t do it with out the generous support of so many. Along with the hundreds of individuals who

donate food and funds, we would like to thank the organizations, businesses, schools, churches and service clubs for their generous support throughout the year.

#### **At this time we would like to give special thanks to:**

**Niagara Egg Marketing Board** – for generously donating dozens of eggs each month for our families.

**Niagara College Agricultural Program** - for donating fresh tomatoes for our families.

**Urban Graze** – for donating potatoes, carrots and onions which were given to families at Easter.

### **Doing some spring cleaning?**

If you come across a crock-pot that you are no longer using, please consider donating it to Pelham Cares. Since a number of the food items we are able to provide our clients, lend themselves to slow-cooking, we would like to be able to give a crock-pot to those clients who do not already have one.



We also have a couple of clients who would be interested in a bread-maker if you have one you no longer need.



### **OPENING DAY – PELHAM FARMERS’ MARKET**

Pelham Cares has been invited to staff a booth on **May 2<sup>nd</sup>, 2013**, which is the official beginning of the season for our local Farmers’ Market. Please come and visit us as you shop. We are pleased to be raffling off tickets on a lovely basket full of goodies generously provided by the vendors. Proceeds will go to Pelham Cares and will be used to provide perishables for our clients. Hope to see you there.

## ARCHIVES PROJECT REPORT

Last fall the Pelham Cares Inc. Archives Project Committee composed of Dawn Butler, Gail Hilyer and Caroline Toffolo (Project Convener) began work to organize and interpret the historical material of Pelham Cares Inc. Information on how to proceed with this project was obtained from Joseph Solovtich, Senior Coordinator, Collections, Development and Management, Archives of Ontario who provided references to access.

The formation of Pelham Cares Inc. which took place during 1982, has already been defined and will be available to read at the office and on the website shortly. It is the intent of the Committee to track a number of particular elements of Pelham Cares Inc. from 1982 to the present day, in order to illustrate how the organization evolved throughout its history. These elements include: The Constitution, Volunteers, Services Provided, Youth Sponsorship, Executive Personnel, Grants, and Honours and Awards of Recognition.

The course of action the Committee is following includes three emphases: 1) organize the materials by month and year from 1982 to the present; 2) gather and record the appropriate information; 3) place the original documents in archival storage materials. The Committee is presently working on the 80's and plans to complete its work on this decade by the fall. It will subsequently proceed to complete the 90's and then from the year 2000 to the present.

Revealing the historical roots of Pelham Cares Inc. will not only explain its origins and describe how it achieved its present status, but will also give insight into the future decision making activities of the organization.

### Mark Your Calendar

April 19-21 – Kinsmen Home Show

April 21-27 – National Volunteer Week

May 2 – Opening Day of Farmers' Market

May 6-10 – Hunger Awareness Week

May 8 – Mc Happy Day

June 14 -15 – Heirlooms Craft Show (Pelham Cares at Gate) –  
Vermeer's Garden Centre

July 1<sup>st</sup> – Canada Day Parade (look for our shopping carts)

July 4 – Farmers' Market

July 10 - Playground Program – Centennial Park (a.m. session  
sponsored by Pelham Cares)

Aug. 15 - Playground Program – Pelham Arena (p.m. session  
sponsored by Pelham Cares)

Sept. 5 - 30<sup>th</sup> Birthday Party at Pelham Cares' booth at Farmers'  
Market

Oct. 1<sup>st</sup> - National Seniors Day (event details to follow)

Oct 3 – Farmers' Market



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We're on the Web!

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The "Heart Beat of  
Pelham"  
newsletter is a  
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publication, and  
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