



March 6th, 2022

Barrhaven Food Cupboard Newsletter #2022/01

From everyone at the Barrhaven Food Cupboard, we hope that this finds you safe and well.

Christmas Hamper Program

Our Christmas hamper program provided additional food over the holiday season for those requesting it. Two years ago, we delivered 197 physical hampers to recipients and last year, when we provided gift cards instead due to the pandemic, we helped 298 families. This past year, the number grew again to 327, about half of whom are regular clients of the BFC. Overall, there are a number of improvements we hope to make for the 2022 holiday season and no decision has yet been made regarding the use of gift cards. There is no doubt that the program is popular and needed so it will remain a key initiative of the BFC for as long as resources permit.

Our Volunteers

We have a terrific team of volunteers, all of whom deserve recognition. For this newsletter edition I would like to highlight the contribution of Betty Ann Grainger. She moved to Barrhaven over 40 years ago and raised her three children here. When she retired from St. Mother Teresa HS, she remembered that her students had always been encouraged to help in the community, even before volunteering was mandated. She started as a greet on Tuesday mornings at our previous location and continue in that position today. She enjoys making our clients feel at ease during a challenging time in their lives.



She very much enjoys being a member of the Tuesday Greeters, the A Team, as they call themselves, are so fun to work with too. Overall Betty Ann is a great example of "Neighbours Helping Neighbours"! Thank you for all that you do!

Peter Oegema to Receive the Sovereign's Medal for Volunteers

Our very own Peter Oegema has been selected to receive the Sovereign's Medal for Volunteers. This is a Canadian decoration intended to honour volunteers who have made a significant and continuous

contribution to their community, either in Canada or abroad. The SMV may be presented by the governor general; however, it is more frequently presented by lieutenant governors, territorial commissioners, mayors or volunteer organizations. Peter, of course, was the Director of Operations for years when the BFC was located in the Barrhaven United Church, and then during the move to the Walter Baker Centre and setup there. Even after his retirement as the director, he continues to support us with the management of the community garden and other BFC duties. He has been a stalwart supporter of the BFC for a very long time and we are delighted to see him being recognized so appropriately.

COVID-19 Issues

Restrictions for our volunteers and clients continue to be modified depending on public health guidance. Recently, we have been able to move away from pre-packed orders and return to allowing clients to choose the items they prefer. Properly worn masks remain essential and we expect everyone to respect the rules and the need to maintain them. As an additional precaution, we have provided volunteers with rapid antigen test kits which they can use before coming to the facility. This provides an additional layer of protection and confidence for everyone.

BFC Resources

We are entirely dependent on the terrific generosity of the Barrhaven community – for food and financial donations, and for volunteer hours. We are very appreciative of the entire community – individuals, schools, businesses, churches, organizations. We are, for the time being, able to meet the demands of an increasing clientele and increasing food prices. However, at some point in the not-too-distant future, we will have to step up our fundraising activity to enable us to sustain the level and quality of assistance we provide. One aspect of this is to enhance our relationship with the Barrhaven business community. Throughout, we will strive to maintain awareness of the BFC and what we do through our website, social media, connecting with community members, etc.

Myrna Robinson

It is with great sadness that we note the passing of Myrna Robinson on February 20th after a short battle with cancer. Myrna was a long time and dedicated volunteer with the BFC. More than that, she was fierce in her support of the BFC and the work we do. There will be no service or memorial but anyone wishing to make a donation is encouraged to do so to the Cancer Society.

Always Looking for Clients in Need

Some individuals or families may not know how to access our services or may be hesitant to do so for a variety of reasons. If you know someone who could benefit from our services, please ask them to contact us through our website, by email to info@barrhavenfoodcupboard.com or by calling us at 613-825-4505.

Social Media Presence

Website: www.barrhavenfoodcupboard.ca

Facebook: @barrhavenfood

Twitter: @barrhavenfood

Instagram: @Barrhaven_food_cupboard

LinkedIn: <https://www.linkedin.com/company/barrhavenfoodcupboard/>

Best wishes to everyone for a safe and memorable holiday season.

NEIGHBOURS HELPING NEIGHBOURS!

George Macdonald

President

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