

COMMUNITY CONNECTION

Linking Hands Dundas County Newsletter—Volume 7

Spring 2017

South Dundas Green Food Box reaches milestone #1

The February 8 pickup day for Linking Hands South Dundas Green Food Box marked the beginning of year two.

Today, in 2017, the GFB is available to all Dundas County residents with several pickup locations in North and South Dundas.

The South Dundas Green Food Box pickup day is the second Wednesday of each month. (See schedule on last page.) There are two bag size options available: small (\$10) and large (\$15).

Order sites include all South Dundas branches of the SDG County Li-



Pictured packing Feb. 8 at the Iroquois Legion are a handful of Iroquois' volunteers: Pat Cranmer (left), Bill Walsh, SD mayor Evonne Deleagarde, Connie Felker, Alma Walsh, and Sharon Hall. There are more than 40 GFB volunteers in Dundas County.

brary, Community Food Share in Morrisburg, Community Living in Morrisburg, Barnfull 'O Goodies in Morrisburg, Mustard's Variety in Iroquois, and

Brinston General Store.

Pickup sites are Community Food Share (Morrisburg) or Iroquois Legion.

For up-to-date GFB info, follow us on Facebook:

www.facebook.com/GreenFoodBoxDundasCounty/

"You give but little when you give of your possessions. It is when you give of yourself that you truly give." - Khalil Gibran

2016's Good Neighbours



Mike Barkley (left) and Chad De Jong (right) were 2016's Linking Hands Dundas County Good Neighbours! Barkley won for North Dundas, while De Jong won for South Dundas.

The other 2016 Good Neighbour nominees included: Inez Bilmer, Wayne Burns, Ron Derraugh, Jim Girard, and Lietta Tousaw.

Be ready to nominate your picks for North and South Dundas' Adult and Youth Good Neighbours for 2017. Nominations will open late spring/early summer.



Linking Hands Next Forum Coming in May

Linking Hands Dundas County is set to host its newest forum in the Spring/Summer of 2017.

The topic? Basic Income.

There will be a panel of speakers highlighting the various viewpoints on the subject.

Will it be beneficial to low-income families? Can it really reduce poverty levels? How will it affect other types of assistance? Will it hurt small businesses? How will it affect each of us?



Community Food Share, formerly the Dundas County Food Bank, distributes emergency food aid to the residents of Dundas and Stormont Counties.

28 Ottawa Street
Morrisburg

Monday • 10 am to 12 pm
Wednesday • 7 to 9 pm
Thursday • 1 to 3 pm
EXCEPT HOLIDAYS

497 May Street
Winchester

We also operate a Food Cupboard located in Chalmers United Church in Finch.
It is open every Thursday from 1 pm to 3:30 pm.

The food we distribute to our clients is provided through the generous donations from individuals, organizations, and businesses in our community. When we receive monetary donations we purchase specific food items that help balance the nutritional value of the food we distribute to those in need.

Each client is given a five-day supply of nutritionally-balanced food for each family member.
Clients are limited to one visit per month although we do allow for exceptions.

How you can help

VOLUNTEER

We are always looking for people to lend a hand.

If you are interested in helping out, contact:
Diane Lacasse by phone at 613-448-3815
or by email at modwyerus@yahoo.ca.

For more information
about Community Food Share, contact:
Ian McKelvie by phone at 613-898-0781
or by email at dcfbadmin@bellnet.ca

You can also visit our web page:
www.communityfoodshare.ca

Or, follow us on Facebook:
www.facebook.com/CommunityFoodShareDS

DONATE MONEY

Cash donations can be dropped off at one of our locations or mailed to:

Community Food Share
P.O. Box 32
Winchester ON K0C 2K0

You can also make online donations at CanadaHelps.org by searching for Community Food Share.

FOOD DONATIONS

- ◆ During food bank office hours, you can drop off food items at either location.
- ◆ Food items can also be dropped off at most grocery stores in our community.

Here are some suggestions of the kinds of food we require:

We also need:

Toiletries: shampoo, toothpaste, deodorant, toilet paper, laundry soap

Baby items: diapers, baby wipes, baby food, cereal, and formula

- ◆ Canned pasta
- ◆ Canned fruit
- ◆ Cereal
- ◆ Kraft Dinner
- ◆ Canned vegetables
- ◆ Pork and beans
- ◆ Pasta sauce
- ◆ Crackers
- ◆ Canned meat/tuna
- ◆ Children's snacks (granola bars, fruit & pudding cups, juice boxes, crackers & cheese)

If you have a vegetable garden we are happy to receive your donation of fresh garden produce through our Grow a Row program.

Lunch & Learn

Monday, March 20
11 am to 1 pm
Iroquois Civic Centre

Featuring: Kim Hutt of Souly Reconnected who will talk about Self Care



Monday, April 18
11 am to 1 pm
Gathering House, Chesterville

Featuring: WDMH Diabetes Team featuring discussion on sugar's pros and cons



Monday, May 15
11 am to 1 pm
House of Lazarus, Mountain

Featuring: Gardening with NDDHS students who will be bringing seedlings for participants to transplant



Tea & Talk

OPP Constable Jim Blanchette & Carefor's Nancy Galway

Pictured: Tea & Talk, Feb. 28
"Identifying Scams"
Gathering House, Chesterville

Coming up...

Tues., March 28
10 am to 11:30 am
Iroquois Legion
"Introduction to Memoir Writing"

Fri., April 28
10 am to 11:30 am
Winchester
Dealing with Alzheimers & LEGO for Adults

Tues., May 30
10 am to 11:30 am
Morrisburg
Rhythm 'n Moves with Chartwell Hartford

Linking Hands recipient of community's generosity

Each and every month, individuals and groups in Dundas County show their generosity by donating time, space, or other in-kind items to Linking Hands.

In-kind Support

Monthly program leaders donate their time, skills, talent, and knowledge to both Lunch & Learn and Tea and Talk.

Churches, community groups, Dundas municipalities, and local businesses donate venues free of charge for these events and more, and, in some cases, supply the food or snacks for participants.

Grants/Donations

Linking Hands' received a three-year grant from Ontario Trillium (ended Nov. 2016), allowed organizers to hire a coordinator and communications officer.

Linking Hands has received monetary donations from individuals, church

groups, businesses and more. Once again, in 2017, Lunch and Learn received \$500 from the John Stewart Memorial Trust

Last year, all Dundas County Lions Clubs donated to Lunch and Learn and, once again, donations from these same clubs have begun to appear.

This year, a \$4,253.40 United Church of Canada Foundation Seeds of Hope grant was received for the creation of a transportation service for the seniors' Tea & Talk events.

In 2016, grant money was received for the Garden Guides program, an initiative formed in partnership with the House of Lazarus and Gardening for Groceries. A Compass Group Canada and Food Banks Canada grant (\$6,930) went toward the hiring of summer students, as well as for purchasing garden supplies. Workshops for all ages were created and harvested vegetables were

used by the foodbank.

On Thurs., May 11, Chartwell Hartford Retirement Residence will host its annual Black Tie Gala. They have named Linking Hands the recipient charity of this event.

Volunteers

All Linking Hands programming, from the Steering Committee and Working Groups to the actual programs (Green Food Box) and events (Lunch and Learn) are possible because of the many volunteers who donate their time, expertise, and energy to Linking Hands.

In the past three years, our volunteer numbers have grown exponentially. More than 300 people volunteered, spending more than 5,300 hours in past 17 months, between November 1, 2015 and March 3, 2017.

To all those who have participated in one way or another : **THANK YOU!**

"Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared."

- Buddha

Editorial

Angels in disguise

Working for Linking Hands has given me a new perspective on volunteers and volunteering. For this non-profit organization, it would be impossible to fulfill the mandate of reducing poverty in Dundas County without the aid of volunteers.

Everything we do, from planning to execution requires the added input of volunteers. We have volunteers on our Steering Committee who help us

plan the direction Linking Hands will take in realizing its mandate.

Our Working Groups are filled with volunteers who add their vision and expertise toward creating actionable goals, both short- and long-term. Then, with the help of even more volunteers, these working groups bring needed monthly programs free to the public, from Lunch and Learn and Tea and Talk to the Green Food Box and more.

Linking Hands' volunteers are angels disguised as people. Each person does what she or he can, giving freely of their time and energy, and they do it because they want to help, they want to help their neighbours and their communities.

With negative energy emanating from the South, we need only to look to our volunteers to see that hope for humanity is alive and well. We all have the capacity to be angels in disguise.



Contact Us



Linking Hands
2245 Simms Street
Mountain, ON
K0E 1S0



(613) 989-3830



scasselman
@houseoflazarus.com



linkinghandsdundas.ca



Ponder this...

"Anyone who has ever struggled with poverty knows how extremely expensive it is to be poor."

- James A. Baldwin



MARCH

Community Connectivity Theme: INVOLVE

- March 15—First EXPO
- March 20—Lunch & Learn
- March 28—Tea & Talk

APRIL

Community Connectivity Theme: VOLUNTEER

- April 18—Lunch & Learn
- April 28—Tea & Talk

MAY

Community Connectivity Theme: COMMUNICATE

- May 11—Chartwell Hartford Black Tie Gala
- May 15—Lunch & Learn
- May 30—Tea & Talk
- Late May—Basic Income Forum (Date to be determined)
 - Continue to check our Facebook and website for updates

**"If we always helped one another,
no one would need luck."**

- Sophocles



Ralph Pulfer,
Green Food Box coordinator

SOUTH DUNDAS			NORTH DUNDAS		
2017 SCHEDULE					
JANUARY	Wednesday, January 4	Wednesday, January 11	JANUARY	Friday, January 20	Friday, January 27
FEBRUARY	Wednesday, February 1	Wednesday, February 8	FEBRUARY	Friday, February 17	Friday, February 24
MARCH	Wednesday, March 1	Wednesday, March 8	MARCH	Friday, March 24	Friday, March 31
APRIL	Wednesday, April 5	Wednesday, April 12	APRIL	Friday, April 21	Friday, April 28
MAY	Wednesday, May 3	Wednesday, May 10	MAY	Friday, May 19	Friday, May 26
JUNE	Wednesday, June 7	Wednesday, June 14	JUNE	Friday, June 23	Friday, June 30
JULY	Wednesday, July 5	Wednesday, July 12	JULY	Friday, July 21	Friday, July 28
AUGUST	Wednesday, August 2	Wednesday, August 9	AUGUST	Friday, August 18	Friday, August 25
SEPTEMBER	Wednesday, September 6	Wednesday, September 13	SEPTEMBER	Friday, September 22	Friday, September 29
OCTOBER	Wednesday, October 4	Wednesday, October 11	OCTOBER	Friday, October 20	Friday, October 27
NOVEMBER	Wednesday, November 1	Wednesday, November 8	NOVEMBER	Friday, November 17	Friday, November 24
DECEMBER	Wednesday, December 6	Wednesday, December 13	DECEMBER	Friday, December 15	Friday, December 22