



Coming Events

Kiwanis House Open House

March 23, 2010, 4-6pm

Volunteer Appreciation Week

April 18—24, 2010

5th Annual Trek 4 Kids

Sunday May 16, 2010
Registration 2:00 pm

Annual General Meeting & Strawberry Social

June, 2010

Annual Friendship Golf Tournament

Wednesday July 14, 2010
Grand Valley Golf Course



For Current News & Events

www.houseoffriendship.org

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Finding A Home, And A Future

Mike came to House of Friendship’s Kiwanis House program in September 2008, straight from custody. He was 16 years old. He really didn’t like the idea of living there, but he couldn’t live with either of his parents, who were going through a custody battle regarding his other siblings. Mike’s probation officer told him about Kiwanis House, a transitional home for young men, 16-19 years of age, that would not only provide him with an immediate safe supportive home for up to 11 months, but also help prepare him to live independently. As Mike learned more about the program, and got to know staff, volunteers and fellow residents, he came to accept that this was his best option.

As his trust developed, Mike began to open up more about his life and feelings, became more social with others, and learned to problem solve. There were times he hated being at Kiwanis House, but there were also times when he had lots of fun. He built some great relationships with other residents as they began to feel like a “brotherhood.” He struggled with some of the requirements of the program like budgeting, but with the help of staff, his budgeting improved. Ultimately, Mike realized he had to start being more responsible and “not beating around the bush with his life”, because he had to learn to be independent and ready to move on.

One day he “messed up” and was discharged from the program. He was really mad at himself. Mike remembers standing at the end of the street waiting for his friends from Kiwanis House. Staff would also go and talk with him, ask him if he needed any food or anything, and encourage him not to give up, and to stay out of trouble so he could successfully reapply to the program. They reminded him how far he had come since first entering the program. Meanwhile, the other guys at the house told staff that they wanted to keep Mike’s room for him, for when he was re-admitted to the program. *“This made me feel respected and showed me that I had done a pretty good job while in the program.”* (cont’d, page 2)

OPEN HOUSE

Kiwanis House

85 Wilhelm Street,
Kitchener

Tuesday March 23, 2010

4 – 6 pm

All Welcome!

Visit with us and help celebrate a lasting gift made possible by our friends at the Kitchener Waterloo and Twin Cities Kiwanis Clubs. Call 519-742-8327 for more info.



A "Sweet" Start To The February Potato Blitz



This year, House of Friendship expanded its Potato Blitz mascot team. "Sweet" Potato (above) delighted Rangers fans at the 2010 Don Cameron Potato Night, helping volunteers and fellow mascot "Spuddy" round up potatoes and donations.

"Sweet" and friends collected over \$4,500 in cash donations and more than 4,500 pounds of potatoes. This together with a donation of 2,000 pounds of potatoes from Loblaw Companies Ltd. totaled the equivalent of 52,000 pounds of potatoes. This set us well on the way to reaching the goal of 170,000 pounds of potatoes, which will be used to feed patrons in House of Friendship's 18 programs throughout the year.

Thanks!



Finding A Home, And A Future (cont'd)

While at Kiwanis House, Mike experienced his first summer out of jail in two or three years, something he really wanted for himself. He also was able to spend two Christmases out of jail too. And even when he ended up in trouble with the law again, Kiwanis House continued to support to him and welcomed him back.

Today, Mike is staying out of trouble, dreaming of finishing high school and going to college, because he wants to become a social worker and help people who have had rough lives to whom he can relate, and help them change young lives. He enjoys supporting other guys in the Kiwanis House program. To some, he has become a role model:

"Most of the guys here have a clean criminal record, so I tell them to smarten up and keep it that way, because things can change pretty quickly, and I don't want to see that happen to them. I know that after I leave Kiwanis, I will be welcomed back, whether it is if I need help or just to visit or even just to talk. I also know that our case workers will be there for us no matter when we need them."

Turning Food Into Hope

It may seem like a simple box of food, but for 3,620 recipients, a Christmas Hamper from House of Friendship's 2009 Christmas Hamper project meant much more. It meant they could feed their families—9,565 people, almost half of whom were children, had food for the Holidays. It meant they could get by until their next paycheque, or until that job came through, or until their assistance was approved or processed, and so on. In short, it gave them hope for a better tomorrow, coupled with the knowledge that hundreds of strangers had rallied to their aid.

Food came from the Food Bank of Waterloo Region and local food drives, the largest of which was the annual Christmas Food Drive by Rockway Mennonite Collegiate that collected the equivalent of more than 24,000 cans of food! Approximately 600 volunteers helped pack and deliver the record number of hampers. And several local churches donated homemade soup for volunteers. Last, but not least, the Kitchener Conestoga Rotary Club's annual Turkey Drive raised an incredible \$186,124 to pay for turkeys, grocery vouchers and to support the Christmas and Emergency Food Hamper programs.

Thank you to everyone who helped share the gifts of food and hope with our neighbours in need.



You Can Send A Kid To Camp Hike & Bike With Us! - Sunday May 16, 2010

Each year, we aim to send over 100 children from less fortunate families to summer camp, where they can make friends, learn new skills and gain self-confidence. You can help give a child this gift of a lifetime — walk, run or bike with us on the historic Iron Horse Trail on Sunday May 16, 2010, (registration 2:00 pm) to raise funds to help send children to camp.

To register, email fundraising@houseoffriendship.org or visit www.houseoffriendship.org, where you can also share your reasons for Trekking and your summer camp stories at the **TREK Blog** (just click on the *TREK* page).



“Wonder”ful After-School Programs

Funding cuts threatened the availability of After-school programs at House of Friendship’s four Community Centre programs in low-income neighbourhoods. But thanks to a *Healthy Active Kids* grant from George Weston Limited Wonder Plus, children at the Courtland Shelley, Chandler Mowat and Sunnydale Community Centres will soon be benefitting from the return of regular After-School programs. *Thanks!*



Volunteer Appreciation Week April 18 -24, 2010

Each year, 463 people regularly volunteer in House of Friendship’s 18 programs. An additional 600 volunteers help with special events and the Christmas Hamper project. Together, they donate over \$500,000 worth of labour! We will celebrate and honour this contribution at a Volunteer Recognition Dinner the last week of April. To volunteer with House of Friendship call 519-742-8327 or email volunteering@houseoffriendship.org.

Did You Know....

House of Friendship’s Eby Village and Charles Village are celebrating 20 years and 5 years respectively of providing affordable supportive housing for up to 86 single adult men and women.



Feeding One

November 3, 2009—Today a 63 year old, single woman received an emergency food hamper, one of 124 given out. She has been accessing our program for the past 14 years. She receives anywhere from \$816.14 to \$1,105.99 Canada Pension Plan Disability (CPPD) each month.

This woman is also diabetic, as are approximately 2% of all the people accessing House of Friendship’s Emergency Food Hamper program.

She receives food for 3-5 days that is appropriate for her diabetic diet, which is outlined for our volunteers on “diet cards” that describe specific modifications or alternatives for each food item available when packing special diet hampers.

Today the program is low on dairy products, which is significant, because the elderly patron faces a higher risk of osteoporosis with a diet that is consistently low in calcium and vitamin D.

For more Food Hamper snapshots, visit our new Emergency Food Assistance Blog at www.houseoffriendship.org (just click on the Emergency Food Hamper Program page under the programs tab).

Volunteers Needed

Courtland Shelley Community Centre needs volunteers for Homework Help Day, Thurs. 3:30-5:00 pm, and a volunteer to teach how to knit slippers. They also need volunteers to make adjustments to a wooden cabinet and repairs to the walls in the pre-school room and, a group of volunteers to help with a spring clean-up and fence repairs in the community garden. *Please call Doreen, 519-571-7953*

Chandler Mowat Community Centre needs approx. 3 volunteers to supervise computer labs, and 2 more volunteers for food and clothing distribution (Thurs. 12pm – 3pm), including one to co-manage the program. *Please call Jeremy, 519-570-3610*

You Can Help

- * *Kingsdale Community Centre* needs help with Sewing Notions: sewing machine needles, buttons, sewing elastic, tape measures, seam rippers, felt pieces. Pre-school instruments: bongos or small drums, triangles, chimes, rhythm sticks, shakers, xylophones, bells, horns, 1/16 -1/4 Violins. Exercise Equipment: stretch bands, steps. Karaoke machine. Please call Alissa, 519-748-6463
- * *Kiwanis House* is in need of slippers, flip flops, socks, toothpaste, dental floss, boxers M-XL, Right hand Hockey sticks, oxy pads, q-tips. Please call Lori, 519-578-0171
- * *Charles Village* could use a scanner and a digital camera. Please call Taylor, 519-742-8327
- * *Courtland Shelley Community Centre* needs paint supplies, 6 sets of computer head phones, toddler toys for ages 12 to 24 months, knitting needles and yarn. Please call Doreen, 519-571-7953
- * *Live & Learn* requests women's scarves, and mitten & hat sets. Please call Michele, 519-570-0954

Zehrs tapes (no other tapes please) and other donated items may be dropped off anytime at the back door of the Charles Street Men's Hostel, 63 Charles Street East, Kitchener. Monetary donations can be mailed or made on-line at www.houseoffriendship.org. *Thank you!*

Staying In Touch

If you receive a copy of *Friendship News* through your church and do not wish to receive a copy through the mail; if your name or address need updating; or, if you donate more than once-a-year, but prefer only one receipt at the end of the year, please let us know at: 519-742-8327. You can also contact us should you wish to change how we communicate with you.

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