



A volunteer helps out at Mohawk College's food bank, which has seen a 100 percent increase in the number of students seeking assistance the last two years. Good Shepherd is the college's community partner in helping to ease the demand for food and clothing by students.

## Good Shepherd food and clothing services help college students enduring poverty

Post-secondary school is supposed to be a road to a bright future, when young people map out their careers and their adult lives. But for some, poverty is a persistent barrier that threatens to derail all that.

According to the Canadian Federation of Students, food is a necessity that many students can't afford as their money is used up paying tuition, buying books and covering living expenses. It's a growing trend across the province and in Hamilton has led to a 100 percent increase in the number of Mohawk College students using the food bank in the past two years.

"There is a false expectation that the majority of students have their expenses paid by their parents," says Justin McLaughlin Mohawk Students Association (MSA) Activities Coordinator. "Many of our students are putting themselves through school and their needs will increase as the accessibility of funding continues to decrease."

Good Shepherd has a partnership with the MSA food bank, delivering items to stock the shelves for students in need. Twice each month, registered students can pick up a bag from the MSA food bank containing non-perishable food and personal hygiene items. Good Shepherd is the only community partner and the MSA relies on the generosity of Mohawk College faculty and various departments to help keep items on the shelves.

Good Shepherd's Venture Centre Marketplace is the most-used emergency food program in Hamilton serving, on average, 120 families a day. It is a hub of community activity and host to a variety of outreach programs with a goal of building a resilient and healthy community.

Many community partners run food and clothing drives on Good Shepherd's behalf.

*Continued on Page 3 ...*

A MESSAGE FROM

## BROTHER RICHARD



### Thanks for doing good for others by doing good for yourselves

*Time is not measured by the years that you live.  
But by the deeds that you do and the joys that you give.*

The above verse was written by Helen Steiner Rice, a mid-20th century writer of inspirational poetry. The sentiment beautifully reflects how our donors and volunteers demonstrate Good Shepherd's mission of Hospitality.

We are privileged to have so many generous and dedicated supporters who give of their time and resources in order that we can serve the needs of people who are vulnerable due to poverty and homelessness. Each and every one of you is vital to the delivery of our health and human services throughout the community.

Recently, we celebrated the commitment of our volunteers at a wonderful dinner with more than 400 guests. Happily, we gave years of service awards to almost 80 long-time volunteers.

Last year, more than 6,300 volunteers donated 68,048 hours to our organization. Of note are five very special volunteers who have logged more than 30 years service to Good Shepherd. Camille Soo Lum has been a part of our volunteer team for an astounding 35 years. We also have 10 people who, cumulatively, have donated 260 years of service to Good Shepherd – and those are only the people who have been with us for 20 to 35 years. We are honoured

to welcome thousands more people who walk with us by assisting people who are in need, are homeless and who live with mental illness every day.

Your generous gifts of money, goods and time leave an indelible mark on us and our clients.

I would like to express my appreciation to our donors, who once again responded to our Easter Appeal. With your help, we can continue to provide programs that address the needs of Hamiltonians and help to build a healthy and resilient community.

The final lines of Helen Steiner Rice's poem illustrate how the community benefits when our supporters help Good Shepherd and our clients ...

*So what does it matter  
how long we may live?  
If as long as we live  
we unselfishly give.*

The poem is much like the words of our founder, St. John of God: "Do good for yourself by doing good for others."

Please consider making a gift to Good Shepherd and support our mission. Thank you for your ongoing dedication and compassion.

Have a wonderful summer and thank you on behalf of the people we serve,

*Bro. Richard, OH*

Brother Richard MacPhee, OH  
Chief Executive Officer

### CF Lime Ridge helps to educate at-risk youth

Good Shepherd's Youth Services recently received a \$10,000 donation from CF Lime Ridge to provide scholarships for at-risk youth who have graduated from high school and want to go on to post-secondary school. CF Lime Ridge has been a generous partner of Good Shepherd, sending us volunteers to help renovate and freshen up Notre Dame House emergency shelter. We look forward to continuing to work with them to help provide a future for our community's homeless and street-involved youth.



# 'We are extremely thankful for this partnership'

... Continued from Page 1

"When we have an abundance of something we are happy to share the wealth with community partners like Mohawk College," says Venture Centre Supervisor Mark Tenant. "We're doing our part in helping the students work towards a brighter future."

Just over a year ago the MSA contacted Good Shepherd, concerned about the number of students who didn't have presentable clothing for co-op placements or job interviews. The MSA runs a "Career Closet Service" that allows students to access a variety of professional clothing to keep for job interviews, co-op placements and graduation ceremonies. They tend to have a surplus of women's clothing



options but men's suits are hard to come by and in high demand. The MSA tries to stock up on suits and dresses during August, December and April when graduation ceremonies take place.

"It can be tough to dig through donated items and pull together a professional outfit for a young man,"

says Justin. "We want them to walk out feeling comfortable and confident."

When we first received the call from the MSA, we donated 20 suits from the Good Shepherd warehouse. Later this spring, after the Moore's Clothing Annual Suit drive, we plan to distribute another shipment of suits, just in time for graduation.

So far this year Mohawk College has distributed 54 suits to students in need.

"Many of the students who use the program tell us it's the first time they've ever owned a full suit," says Justin. "We are extremely thankful for this partnership and the positive impact it has on our students."



*One thing in life is certain: you will forever be remembered by the legacy you leave behind.*

Planned Gifts are lasting contributions to building a better tomorrow.

You can do something extraordinary!

**Talk to your family • Talk to your legal and financial advisors • Talk to us**

To learn more about planned giving, to help you to decide how your gift can be directed, and how your generosity will be celebrated, contact Michael Longval at 905.528.6565 x3302 or email [mlongval@gsch.ca](mailto:mlongval@gsch.ca).

When you are preparing estate or legacy giving, please reference our Charitable Registration No. 13063 6798 RR0001



**MICHAEL LONGVAL**



# THE VOLUNTEER Outreach

Volunteers from St. Thomas the Apostle Church in Waterdown, as well as some of our regular volunteers, served a delicious Easter dinner to guests at The Good Shepherd Centre on April 20.

“We are honoured to host our community at Easter and to serve our neighbours who live in the shadow of poverty,” says Brother Richard MacPhee, chief executive officer of Good Shepherd.



## VOLUNTEER WITH US!

Call Krista or Maggie  
905.528.6565 x3333 or x3321

**Women's Services** needs volunteers to provide child minding, mornings, afternoons and evenings as well as volunteers interested in preparing food. Volunteers are also needed for summer camps and to help with wellness programming.

**Jeanne Scott Parent & Child Resource Centre** needs volunteers to child mind children ages two months to four years, as well as help with dishes, laundry, cleaning and organizing. Mondays to Thursdays 9:30am-2pm and Fridays 9:30-11:30am.

**Family Centre** needs volunteers to assist with programming and activities during the summer months. Additionally, volunteers can help prepare breakfast, for the breakfast program.

**SAM Program** needs people who enjoy volunteering with seniors to provide program and activity help as well as preparing snacks and lunch. (Monday-Friday).

**Assisted Living** needs volunteers to visit and talk with seniors one on one or in a small group running activities and games. As well, a volunteer is needed for administrative duties.

**Emmanuel House** needs volunteers who are interested in visiting with residents, preparing meals for lunch and dinner and front office/reception. As well, a volunteer to shop for groceries weekly for the summer months is required. (Morning, afternoon and evening, weekday and weekends).

**Youth Services** needs volunteers for food serving as well as help with programming and activities.

**Men's Centre** needs volunteers to provide reception coverage on weekends as well as laundry support to the men who reside at the Centre (6-9pm)

**Men's Centre** needs volunteers to assist staff with food preparation (seven days a week, 9:30am-noon) and on weekends afternoons (1-4pm). Volunteers are also needed to help with meal prep/serving in the hot meal program (Monday-Friday, 1-4:45pm).

**Venture Centre** needs volunteers to assist in the donation receiving area as well as sorting donations in the warehouse (Monday-Friday, 9am-noon or 1-4pm). Volunteers are needed in the Marketplace to assist with re-stocking shelves/fridges/freezers, clothing station, houseware station and check out (Monday-Friday, 8am-12:30pm or 12:30-4pm).

**Special Skills:** We are looking for volunteers who are interested in sharing their passions. Volunteers who are skilled in the following are encouraged to volunteer: hairdressers, massage/reiki, music, nail artist, yoga/pilates, mediation, gardening, flower arranging, cooking, arts and crafts, etc.

Please contact Krista at [kcraig@gsch.ca](mailto:kcraig@gsch.ca) or 905.528.6565 x3333 or Maggie at [mpagotto@gsch.ca](mailto:mpagotto@gsch.ca) or 905.528.6565 x3321.

# Celebrating the Hospitality of our Volunteers



**35 YEARS**



**30 YEARS**



**25 YEARS**



**20 YEARS**



**15 YEARS**



**10 YEARS**



**5 YEARS**



**5 YEARS**



## Volunteer Appreciation Evening Years of Service Awards

### 35 YEARS

Camille Soo Lum

### 30 YEARS

Don Collins  
Joan Collins  
Ann Hewitt  
Erna Willem

### 25 YEARS

Clara Moro  
Beth Horyn  
Dennis Reardon  
Garry Eckert

### 20 YEARS

Dorothy Gallant  
Joe Lukasik  
Chuck McMillan

### 15 YEARS

Gayle Dean • Anthony Salis  
Leo Topolniski • Pat Topolniski  
Nelson Ruiz Blanco • Ursula Altorf  
Diane Morelli • Donald Morelli

### 10 YEARS

Clarisse Allan • Père Archange Kébé  
Gary Beveridge • George Centritto • Ian Corneil  
Gerard de Ridder • Gerry Hanvey • Joan Hickey  
Roger Huot • Salvatore Licata • Patricia MacDougall  
Gianna Marasco • Lou Marasco • Paul Muller  
Yvette Muller • Kathy Nason • Joan Parker  
Jean-Pierre Plourde • Vivian Riley • John Simpson  
Jennie Stakich • Angela Stumpo • Lynn Vallentin  
Theresa Warner • Morag Wilson • John Zammit

### 5 YEARS

Terry Armstrong • Carol Bittman • Brett Book  
Julie Cameron • Patricia Cassidy • Mary Crowe  
Joe Cunningham • Vicki Didonato  
Frances Donnelly • Laura Dowell • Debra Dren  
Syd Engel • Linda Faitz • Errol Fletcher  
Antoinette Hincks • Frances Kauppinen  
Steve Kauppinen • Patricia Kump • Linda Jachymek  
Paul Kraemer • Gregory MacDonald  
David MacPherson • Susanne Martin • Diane Norman  
Tony O'Dell • Stanley Ochtabiowski • Maureen Richardson  
Marion Sarookanian • Donald Strong • Lauraine Strong  
Jennifer Warren • Monika Vaskova

## Special Recognition Volunteer Awards



~ VOLUNTEER AMBASSADOR AWARD ~  
Patricia Pritchard



~ COMMUNITY SERVICE AWARD ~  
St. Charles Garnier Parish Folk Choir



~ FUNDRAISING  
AWARD ~  
Greg Marotta



Putting Women & Youth on Par

Supporting Good Shepherd Youth Services & Women's Services

Heron Point Golf Links  
September 12, 2019

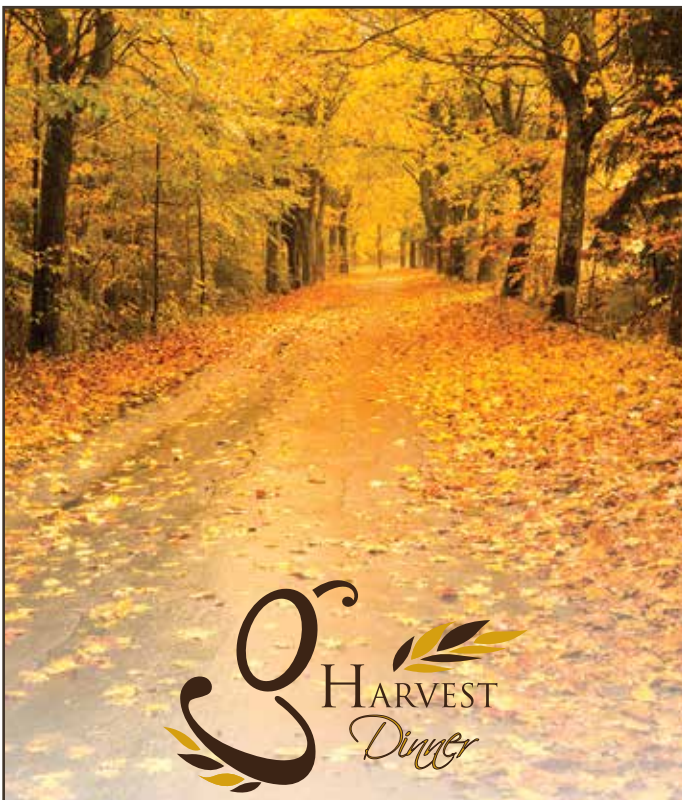
**ALL-INCLUSIVE DAY!**  
Green Fees  
Breakfast  
Lunch  
Drinks  
Prizes

**Register Now!**  
[goodshepherdcentres.ca](http://goodshepherdcentres.ca)



### Chasing away the Winter Blues at the Ancaster Mill

Canadian blues icon Jack De Keyzer entertains Good Shepherd's guests at the sold-out Jazz Up the Winter Blues in March. Stay tuned for announcements of the 2020 event in the coming months.



**GOOD SHEPHERD  
HARVEST DINNER**  
THURSDAY, OCTOBER 17, 2019  
CARMEN'S BANQUET CENTRE



### Live Like There's No Tomorrow!

Renowned expert in palliative and end-of-life care speaks to 300 guests on May 2, in support of Good Shepherd's Emmanuel House Hospice. Dr. Miller's inspiring discussion advocated for healthcare that minimizes suffering and maximizes a patient's quality of life.



A MESSAGE FROM

## CATHY WELLWOOD



### It's been a busy few months at Good Shepherd

It's been a busy time since we last chatted. I hope you had the opportunity to join us at our events in late winter and spring.

We danced away the winter on March 4 with a magical lineup of Canadian musicians and gourmet food at the Ancaster Mill. Three-hundred people turned out for the seventh-annual Jazz Up the Winter Blues in support of Good Shepherd's battle against homelessness in our community. We're already planning our 2020 event and we can't wait to tell you about it!

In early May, we put the spotlight on one of our vital programs – palliative care at Emmanuel House Hospice. Emmanuel House is one of only two residential hospices in the city and we want to make it known that we're here to serve people facing life-limiting illnesses with their loved ones. For our special evening, we featured world-renowned palliative care expert Dr. BJ Miller and hometown musical icon Harrison Kennedy. It was an inspiring and entertaining evening for all of us.

Earlier this year, we made the decision to postpone Glamour in the Hammer so that we can rethink and refresh this fun and exciting event. Stay tuned for more information, but I'll let you in on a little secret: The footlights will once again shine for "Glamour" at Liuna Station on April 17, 2020. Stay tuned for more information as we get a little closer to the event.

In the meantime, if you came to Glamour in the Hammer in 2017, you would have been "wowed" by the wonderful retro styles from Milli. Good Shepherd is excited to announce an exclusive event in collaboration with Milli – a fashion and lifestyle destination in Hamilton for over 55 years. Shopping for a cause has never been so easy and so much fun! Join us on Thursday, September 19, for a dynamic evening that includes a fashion show, style presentation, personal styling, bubbles and bites, and of course ... shopping. Your \$200 ticket for the evening includes a \$200 gift card to use in-store. Every dollar from the purchase of your ticket is donated to Good Shepherd. We'll announce the start of ticket sales soon.

Our events serve a several purposes: to thank, educate and entertain our guests and to raise money and goods for our many services throughout the community. Thank you for participating and, in doing so, for supporting Good Shepherd. God bless,

Cathy Wellwood  
Chief Development Officer

## GOOD SHEPHERD'S COMMITMENT TO YOU



Hospitaller Order of  
Saint John of God  
Province of the Good Shepherd in North America

The Shepherd Newsletter is published three times a year. It is our way of sharing Good Shepherd news and events. You will also receive greetings from the Brothers and Staff of Good Shepherd at Easter, Thanksgiving and Christmas.

Each Good Shepherd mailing is accompanied by a reply card and a return envelope for your convenience. Although your support is vital, we understand that not everyone can make a donation in response to each mailing.

If you prefer fewer mailings, or none at all, let us know. We also invite you to use the reply envelope enclosed to communicate with us. Please tell us how we're doing and inform us of changes in your mailing information.

Good Shepherd subscribes to the Association of Fundraising Professionals Donor Bill of Rights. We value our donors and take your privacy seriously. We do not share, trade, or sell any donor information that we have collected.

### HOW TO REACH US

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