

COMPASS DIRECTIONS

Lakeshore Community Outreach Centre Inc. | CHRISTMAS 2017



ALPHA: Food for Body and Soul

If you come to the Compass on a Saturday evening, you are likely to find a group of men and women sharing a meal and exploring the concept of life with Jesus, God and living in community...

The 12-week Alpha program is designed to provide a forum for exploring the basic questions of life such as "Is there more to life than this?" or "Is there a God?" Alpha runs on Saturdays at the Compass through early December. It starts at 5:15 with a dinner provided by a rotating team of volunteers. After eating, the group watches a short video and then breaks into small discussion groups. "There are no wrong answers and everybody's opinion counts", explains program leader Rick Penton. "The discussions are always lively and they provide an opportunity to develop relationships."

One highlight this fall was the Alpha weekend on Nov 17-19. The full group headed off to Crieff Hills Retreat and Conference Centre. Funding from St. Bride's Anglican Church allowed guests to attend the Alpha weekend at no cost. Penton attends St. Bride's and is supported in the Alpha effort by leaders from both St. Bride's and Chartwell Baptist church.

Rick Penton, a software developer during the day, is also a leader of the Compass Men's Group. When asked about why he is willing to donate so much time to the Compass, he explained that, "One of the missions of St. Bride's is reaching out with the love of Christ. I find that lived out at the Compass. We are reaching out with love to help our neighbours."



MEET A BOARD MEMBER



Mike Giguere



Board member Mike Giguere hadn't been on the Compass board long when he found a way to contribute on the Market Committee.

The committee's newest idea: Set up a system to make it easy for the churches to participate. Have each of the supporting churches sign up to meet all of the Compass's needs for one critical product. Three churches have already committed — St. Bride's Anglican for toilet paper, St. Stephen's United for granola bars and Christchurch United for shampoo. "I'm enthused about this initiative," Mike says.

When he isn't volunteering for the Compass, or serving as the board chair for Visual Arts Mississauga, Mike enjoys participating in Clarkson Musical Theatre. He and wife Dana will sing in 12 Christmas shows at various seniors' residences across Mississauga this season. Then he will help build sets and props for the group's major musical. Mike volunteers during the week at the Compass so he can be a better informed board member.

CELEBRATING OUR VOLUNTEERS

On November 2, The Compass celebrated the efforts of our generous volunteers. Over 100 of our 270 volunteers attended the event held at St. Christophers church.

Guest speaker Reg Noble taught the group about **food security**, which is the inability to access sufficient healthy food. Noble emphasized that we can't be complacent here in Canada which, despite being one of the richest nations, still has 4.3 million people who cannot get enough food. That's almost 12% of the population and includes more than one million children.

Noble is the academic co-ordinator for the Certificate Program in Food Security at Ryerson University. He is passionate about that topic as well as poverty reduction.

When Compass Directions asked Noble what our readers should do to help, he emphasized the importance of engaging in policy debates about social protection and being willing to advocate at municipal and provincial levels..

"We have to move from being consumers to being citizens and taking action," Noble said. "Poverty is not individual failure; it's collective failure and we have to take responsibility for our fellow citizens."

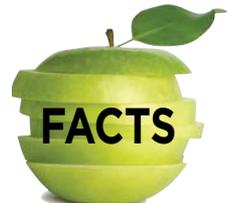
84% of insecure households use a budget when shopping.

while only **43%** of secure households use a budget when shopping.

11.7% of 571,300 Ontario Households experience food insecurity

15.2%

of Ontario children live in food insecure households



OVER 50% OF THE CLIENTS IN CANADIAN FOODBANKS ARE ON SOCIAL ASSISTANCE

Thank you!

The Bathroom Blitz Toiletries Drive

Organized by the Mississauga-Lakeshore
Constituency Youth Council



MEET A VOLUNTEER

Denis Guimond



Picture a Costco customer with nothing in his cart except 20 enormous containers of laundry detergent and another 20 huge bottles of dish soap. That's Denis Guimond, known by some as "the soap man."

Denis uses money donated to the Compass to buy products that are needed in the Market. When Denis first started in this role in 2011, he took along a letter from the Compass explaining why he was purchasing such large amounts of sale items and asking store managers to consider waiving the per-customer limit as a way to support the Compass. After six years, Denis no longer needs his letter because the various store managers all know him. "They call me to tell me there is a sale and that they have enough stock for me", Denis explains. "I get a better deal than you can get at the grocery store, so giving money to the Compass and having me do the purchasing is a good option." But individual Compass clients can't use a super-sized box of soap or a monster bag of sugar. So other volunteers repackage the products into smaller sizes before they go on the Market shelves.

Denis has lived in Clarkson since 1972 and has volunteered for the past 35 years as the treasurer on the board of his townhouse complex. He enjoys fitness class and the Thursday seniors skate at the Clarkson community centre. Before retiring in 2011, Denis worked as a provincial officer for the ministry of environment. For 25 years he purchased items for the coffee shop at his workplace — a warm-up for his role at the Compass.



In Memoriam

Don McDiarmid served The Compass board as the member from Christchurch United from 2012 until his death on May 10, 2017 at age 79. He approached his board responsibilities with enthusiasm and commitment. Don was very passionate about our unique organization and the extended services The Compass offered. It was his dream to roll out this concept to other food banks. **He will be missed.**



POOR HOUSE BLUES

By Beverley Halls

Got 'bout twenty dollars in my bank account
But I'm out dressed up like a princess at a barbeque;
Everyone here is a friend o' mine
We livin' life down on the poverty line,
Wees livin' the Poor House Blues.

Made a call this morning to a bureaucrat asking for help
Mister says the Goberment's can't keep helping me this way
Everyone at the barbeque knows a story like mine
Many be livin' by the Welfare tine
Wees livin' the Poor House Blues.

Baby with her mamma, Daddy's fetchin food
Tonight gonna be special, someone's cooking with love
Everyone here is loved by all the hosts
The community's our benefactor, they all give us hope,
Wees livin' the Poor House Blues.

Poor me, oh why, tried to catch a break but can't
don't know why
Jesus said "The poor you have with you always"
when he was on this land
That was so long ago, but now here I stand.
Singing the Poor House Blues.



Did you Know? The Compass is online

Follow us online to see photos, video and stories about what's happening at the Compass. It's a great way to stay in touch.

 [facebook.com/TheCompassFoodBank](https://www.facebook.com/TheCompassFoodBank)

 twitter.com/CompassFoodBank

WWW.THECOMPASS.CA

310 Lakeshore Road West, Mississauga, ON L5H1G8

(at Benson, two blocks west at Mississauga Road, on the north side)

905-274-9309 Info@thecompass.ca

