

COMPASS DIRECTIONS

Lakeshore Community Outreach Centre Inc. | **SPRING/SUMMER 2017**



Building Community Through Kindness

If you come to the Compass on a Wednesday evening, you are likely to find a group of women sharing not only a meal, but also their lives...

Led by Suesie Love, the **Compass Women's Group** has between 16 and 24 participants including eight volunteers. Dinner is served at 6:30 p.m. and is followed by a program that concludes by 8:30 p.m. Some weeks, the program takes the form of a guest speaker or a facilitated discussion. Topics have included trauma and addiction, bullying and how to create a safe space, a celebration of black history, and landlord/tenant relations. Other sessions include an activity such as making chocolates or doing a craft. One highlight was the week the group tried out chair aerobics led by Meghan McDonnell. "It was such fun. We were howling by the end of it," Suesie says.

The group has had a regular focus on kindness. They have learned that kindness is something we can all practice to prevent and stop bullying, and decrease stress. "Our grace, prayers and closing moments always include a call for kindness," says Suesie. Through the focus on kindness, the group has developed a deeper level of trust, and the participants are encouraged to "share their gifts" which have included a presentation on emotional energy, a singing performance, and the planning, preparation and serving of a meal. A spring craft and beading project, led by group members, is in the works for spring.

"The beauty of the Compass is building trust and establishing relationships with all—clients, volunteers and staff," Suesie says. "Our objective for the Women's Group was to build community and support each other."

Through the Women's Group, the Compass is reaching out to companies and other community groups, encouraging participation through preparation and serving of a meal. Participation starts with a tour of the facility and a discussion of all the services the Compass provides. "Many people are amazed by the varied programs, and the focus on healthy foods offered in a market setting at the Compass. "It opens eyes," Suesie says. Food safety is also reviewed before the meal, and the corporate or community team is supported by a trained Compass volunteer. With the group's focus on community and trust, a discussion about confidentiality and respect is also included. Love already has three businesses lined up as the first service partners.

The Women's Group will taking a break for the summer when Wednesdays are busy with the Compass barbecues. Suesie plans to start the group up again once barbecue season is over.

If you are interested in volunteering as a speaker or to lead a session, contact Suesie Love through the Compass office (905) 274-9309 or info@thecompass.ca

Stalwart Board Executive Member Leaving—Almost



Andrew Briggs



Andrew Briggs has volunteered for ten years on the Compass board of directors and has served in almost all board roles.

Originally recruited as a potential treasurer because of his accounting and business experience, Briggs never actually held the treasurer position. He started as board secretary, then became chair (first co-chair with Brian McGoey and then on his own) from 2009 to 2014, and finally he acted as the supervisor for the Compass staff.

Although Andrew is stepping down as a Director, he will continue to head up our Vegetable Garden Initiative and he will continue to be a member of both the Finance and Risk Management Committee and the Property Task force. Fellow board member Pat Cullen praises Briggs saying, “Andrew was always thoughtful, challenging and a very strong voice of the Compass. We will miss him greatly. As secretary, chair, and employer, Andrew led the Compass forward in many ways but especially in the area of IT and management systems.”

Thanks, Andrew, for giving so much of your time and talents to the Compass community!

MEET A PROGRAM LEADER

Lionel Albert



“I love people. I love the ministry. I meet people. They want to know (about God). Some people need some help with problem solving. I am here to help.”

When Lionel Albert retired from years of pastoring at Stewart Memorial Church in Hamilton, he heard about the Compass and the need for volunteer leadership for the Saturday Bible Study. He began there. Eventually the Refresh program, formerly held on Wednesday evenings, merged with the Bible study. With three other volunteers, Lionel leads the Saturday Refresh Program which includes teaching, prayer and worship. It is followed by a meal and socializing.

Lionel is passionate and gifted as a pastor. His theological bent is evidenced by the books he is planning to write, but more important and more obvious is his concern for people.

Of his motivation and purpose for leading Refresh, he says: “Sometimes people misunderstand some pieces of what Jesus says. Hard things that we don’t understand... It’s an opportunity to help people. To teach them. To train them. To introduce them to a God of mercy and love that has the power to intervene. And that’s why I’m there and trying to help.”

Lis McGregor recognized at U of T for her work at the Compass.

See video: alumni.utoronto.ca/alumni-networks/u-of-t-alumni-association/elisabeth-mcgregor

The Compass received a generous donation at “Dancing for the Compass” from Twas the Bite Before Christmas 2016



David McKeown Named Board Chair

Meet the new chair of the Compass Board of Directors. We interviewed him about the Compass and his new role:

COMPASS DIRECTIONS (CD):

When did you join the Compass board and in what other ways are you involved at the Compass?

DAVID: I became the board secretary in 2005. I'm also a market captain and I volunteer for the men's group. I plan to continue in these two roles.

CD: You also volunteer at the Compass in some of the programs. Which ones? Will you keep doing this as the chair?

DAVID: I'm a market captain and I volunteer for the men's group. I plan to continue this.

CD: What are your goals and dreams for the Compass?

DAVID: The board has worked hard and accomplished much under Pat Cullen's leadership as chair. A strategic plan is in place, which forms a strong base for next steps. Deciding on where the Compass should be in the next five years is an important focus. Pat will continue to work on this. Other goals are identifying and evaluating new opportunities for the Compass; continuing and strengthening our advocacy; improving participation in the Compass by people who rely on the Compass, our supporting churches and the community; continuing to support our terrific staff, and improving our Christian presence in south Mississauga.

CD: It is a ton of work to chair the board. Why are you willing to do all this work?

DAVID: I would not be willing if I had to do all of the work. Our staff is excellent, the committees are successful and carry much of the workload, our many volunteers are enthusiastic, compassionate and well trained, and we have commitment and support from 14 member churches and other churches that are not members. As well, the local community provides financial support and encouragement, the Mississauga Food Bank provides food for the people we serve, and city, regional, provincial and federal governments give us access to expertise and resources. We also have a cohesive community made up of people who visit, participate, volunteer and lead, and the Compass has a very good board. I am taking on a new role but I am still just one member of a large and effective team.



SHOUT-OUT TO FOOD SHARE CANADA

Thank you to **Food Share Canada** for the donation of 100 boxes of fresh fruit and vegetables. What a gift to our community!

Summer Barbecues Start June 7

WEDNESDAYS FROM 5:30 – 7 P.M.

The meals are hosted by different church groups each week.
Anyone is welcome to attend the free events.

JUNE AND AUGUST: @TRINITY ANGLICAN

JULY AND SEPTEMBER: @ST. ANDREW'S MEMORIAL PRESBYTERIAN

New Food Labelling with Highlights on Nutrition



Food product labelling has changed at the Compass Market. The new labels are colour-coded to match Canada Food Guide categorizations and the Compass has offered associated training to volunteers and clients.

Workshops are designed to help volunteers understand and convey the Canada Food Guide information to improve the Market shopping experience. In February, 47 people attended one-hour workshops conducted by Maria Sentra-Balestra, the dietitian from the nearby Loblaws in Credit Landing. Sentra-Balestra reviewed the Canada Food Guide and gave suggestions about serving sizes and shopping on a budget.

This initiative is part of a broader emphasis at the Compass on healthy living and part of a focus change at The Mississauga Food Bank, which is now distributing food in alignment with the Canada Food Guide.

The first version of the Canada Food Guide, called “the Official Food Rules,” was introduced in 1942. It was prompted by the need to avoid nutritional deficiencies during wartime shortages. The guide has been updated numerous times to reflect changing tastes, availability of products and research about nutrition. The most recent version, released in 2007, is called, “Eating Well With Canada’s Food Guide.” It is available for free online in 12 languages and can be personalized in an interactive web-based version to reflect age, sex, and food preferences.

To access the guide, go to hc-sc.gc.ca and click on Eating Well With Canada’s Food Guide.

DID YOU KNOW? THE COMPASS IS ACTIVE ON SOCIAL MEDIA!

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

 twitter.com/CompassFoodBank



WWW.THECOMPASS.CA

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