

St. George Food Pantry

We Feed His Sheep

Letter from the Director



by Janet Cavanaugh

This edition of the St. George Food Pantry Newsletter is dedicated to the wonderful people who volunteer

their time and talent. They come to us from a variety of backgrounds, each person having a desire to help provide nutritious food for people who are struggling financially and live right here in our community.

Our volunteers are the backbone of the Food Pantry. They are compassionate, dedicated and committed to the mission of the SGFP. The men and women who distribute the food to our clients also lend a listening ear to the hardships that

clients frequently are dealing with in their lives. They give empathy and encouragement along with the bags of food. Many of them have been volunteering for 15-20 years; others are people who volunteer as often as their schedules permit. A statement frequently heard is that they get back more than they give.

And so we give thanks for the quiet service of our volunteers. May each be abundantly blessed.

Christmas at the Food Pantry

Plans for our Christmas celebration have been in the works for a couple of months now. The event for the clients has been scheduled, and procedures for matching clients with appropriate gifts have been streamlined. Families have been selected for adoption.

Donor churches have been contacted, and a list of gifts we expect to receive for adults, teens and children has been compiled.

We are deeply appreciative of the generosity of our partner donor churches:

- Annunciation Church
- Mount Auburn Presbyterian Church
- Church of the Nativity
- St. Monica St. George Church
- Clifton United Methodist Church
- St. Susanna Church
- Good Shepherd Church
- Sycamore Presbyterian Church
- Immanuel Presbyterian Church

We wish all who are members of the St. George Food Pantry family a

Joyful Christmas!

Volunteer Spotlight: Dianne Schaefer

After retiring from her job with the Cincinnati Public Library, Dianne wanted to find meaningful volunteer work. While attending a Volunteer Fair at her church, St. James White Oak Parish, she met Janet, who was there seeking volunteers for the Food Pantry. Dianne was intrigued, and then realized that Janet had been her daughter's dance teacher. Dianne signed up to help.



Dianne's volunteer tasks include both direct service and behind-the-scenes support. One Friday a month, she and Janet pick up food at the

(cont.)

(Dianne Schaefer)

Freestore Food Bank, unload it at the Pantry, break down quantity items into smaller packages, and store the food items in the appropriate places.

The last Friday of the month, when the Pantry is open, Dianne works at the window, making sure that each Pantry client receives appropriate food and personal care items.

Dianne enjoys the clients and working with Janet. She and Janet used to have a running joke during the time that Graeter's was donating donuts to the Pantry. After bagging donuts for the clients, she and Janet would treat themselves to one donut apiece. Janet teased Dianne that the reason she came to work was for that donut. Though it's been months since the Pantry has received donuts, Dianne is still working there; it's probably safe to conclude that the donuts were not the only reason for her 14 years with the pantry.

Dianne also volunteers two times a week as a one-on-one reading tutor for two primary students at Oyler Elementary School ; she sings in the St. James Choir; and, she enjoys her three children and six grandchildren.

Volunteer Spotlight: Mike Shyrock



Mike has been a volunteer at the Food Pantry for six years. He started out working on Saturday mornings, then switched to behind-the-scenes work on Wednesday mornings. He does whatever needs to be done including stocking shelves, bagging donuts and biscuit mix, and any other jobs Janet requests.

Mike retired from a career in social work in 2007, but he has not retired from community service. In addition to working at SGFP, Mike volunteers at the VA Hospital running addiction recovery groups in an inpatient rehab unit. His program differs from AA and is called Self Management and Recovery Training (SMART). It focuses on teaching group members to change their thinking and their perception of themselves as failures and to make healthy decisions and positive changes.

Mike also facilitates SMART groups at Joseph House, where homeless and addicted vets who have completed inpatient addiction treatment can stay as long as three or four years for continued treatment.

Mike also teaches an OLLI course for older adults called "You Can Change How You Feel".

Each Saturday morning he leads a prison ministry group. He has also worked one on one with a death row inmate and he corresponds with many men who are in prison. In his spare (?) time, Mike likes to exercise.

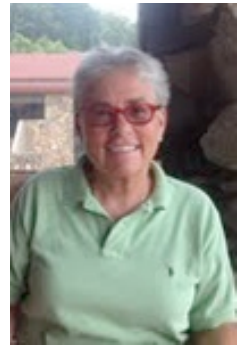
Volunteer Spotlight: Cheryl Eagleson

Cheryl has been volunteering at the Food Pantry for 10 years. When she was laid off from her banking position, she found a volunteer opportunity while she was looking for a job. A friend told her that Panera donated leftover bread to agencies which helped to feed needy people. She already had ties to the St George Food Pantry as she had been a long-time member of St George Parish, and close friends with Rick Firestone, who was one of the Pantry's founders.

Cheryl felt that helping at the Pantry would be a good way of honoring her friend who had died, and she created her own volunteer job.

Every Monday night she collects donated bread at the Blue Ash Panera and delivers it to the Pantry. Cheryl also picks up frozen foods that the Corryville Kroger donates to the Pantry each Monday morning, and afterwards she helps Janet with any tasks that need doing. She is also an "on call" member of the Wednesday morning work group.

Cheryl has a long history of service for the GLBT community of Cincinnati. She served for many years on various Boards and for the last eight years as a Board member for Caracole, Inc. which provides safe, affordable housing to individuals and families dealing with HIV and AIDS. A graduate of the FBI Citizens' Academy in 2005, she has served on the multicultural advisory committee for the Cincinnati FBI. And for 24 years she worked as a programmer and producer for "Alternating Currents", the longest running GLBT public radio show in the nation.



Saint George Food Pantry
Dennis Street off Calhoun, Corryville

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Hours:
Monday & Tuesday - 6:00pm - 7:30pm
Last Fridays - 1:00pm to 2:30pm
Last Saturdays - 10:00am to 11:30am

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