



Good Shepherd JOURNAL

...serving the homeless and disadvantaged

Spring 2009

www.goodshepherd.ca

NUMBER 28



Four years ago, in the spring of 2005, Tiberius Bianchi told his story in the Good Shepherd Journal.

After 25 years of addiction, he found treatment through the DARE (Drug and Alcohol Recovery Enrichment) Program. The Resettlement/Housing Program found him a place to live.

Today, Tiberius still lives in the same apartment. He has become close again with his sisters, his children and his six beautiful grandchildren.

Sobriety is giving Tiberius the chance to be a loving grandfather. But it also saved his life. He recently received a liver transplant. Here is the story of his transformation and ongoing commitment to sobriety.

'There's always hope'

From homeless addict to loving grandfather

The first time I came to Good Shepherd Centre in 1996, I had been kicked out of an apartment. I'd used my money for my addiction.

That was the first time in my life when I just didn't know what to do. Someone told me about Good Shepherd Centre, I came for dinner. I said, I need a place to sleep, and they said to come back at 5:30. It felt strange because I was married 22 years, I always had money, always had a place. But it took another eight years before I came in from the streets for good.

I ran a crane; I used to make good money. I used to work during the spring, summer and fall. I lived in hotels. Then when the money ran out in the winter, I came here. It was my refuge. Helen in Resettlement would get me a place; I would get social assistance until I could work again.

When you're addicted, you always hurt the ones you love the most -- your kids, your parents, your spouse. Once you hurt the ones you love, that's when you hurt yourself more, trying to forget how you've let them down. Trying to forget the shame.

To give up an addiction means fighting your demons, living with shame without the help

of stimulants. That's scary. Lots of sleepless nights.

The first five nights I was here, what kept me going was having a place, not worrying about where I was. I said to myself, 'This place wants me to clean up, it's feeding me, clothing me, protecting me from myself, allowing me to make contact with the people who really matter in my life.' It is a great place, because I could make appointments, start a plan.

I knew I was sick. While I was here, I got onto a waiting list for a liver transplant. I made it, and I got my liver transplant in late 2007.

I was very fortunate. I had reached the end stages of cirrhosis of the liver. I wouldn't have made it through the next three months.

I was very emotional after the transplant. Did I deserve it, since I knowingly wrecked my own liver? How do you repay a gift like that? It tore me up quite a bit. I encourage everyone to become donors.

My time is taken up with my grandchildren. I'm a lot closer to my family now. The last four years, I have been clear and serene. They'll be able to remember me well. For me, that's a big deal already.





Br. David Lynch
Executive Director

Holding fast to hope in the midst of pain and loss

The story of Tiberius Bianchi on the front page of this journal gives me hope. Four years – and we hope many more – clear and serene, loving his family, caring for his grandchildren.

acts through others. The love that is so visible, so active in the people who support our services for the homeless.

I find my hope in you.

Together, we support each other through difficult times. Together, we can offer comfort and ease suffering among those hardest hit.

But the path Tiberius took was not an easy one. Giving up an addiction means sleepless nights and emotional anguish. It means letting the person you were – the person who used drink or drugs to survive – die. “You have to change your whole nature,” Tiberius told me.

I thank you for the support you have given to our vital services for the homeless and disadvantaged. I ask you to continue in spite of these difficult economic times. I offer you our continued prayers for you and your loved ones during this Holy Season of Easter and throughout the year. And I remain,

We all face loss these days – loss and change. Newspapers talk about not just a recession, but a fundamental shift in the world economy. There is suffering, increased need.

Your Little Brother in the Good Shepherd,

Where do I find hope? In the same place Tiberius finds hope. The same place that Jesus found strength during his night of anguish in Gethsemane.

Br. David Lynch, BGS
Executive Director

I find hope in the love and wisdom of God – the love of God that

Community Update

In November 2008, Father Vaughan Quinn, OMI, was made a Companion of the Little Brothers of the Good Shepherd.



Known for his humour, his direct and unflinching honesty, his dedication to serving those most in need, and his unflinching loyalty to the Montreal Canadiens hockey team, Father Quinn has been a well-loved presence at Good Shepherd Ministries for many years.

Offering wisdom and strength in time of need: Sister Joan Stafford, Director of Pastoral Care, and Father Vaughan Quinn.

MISSION STATEMENT

Challenged by our faith in the Gospel of Jesus Christ and committed to the ideals of hospitality, availability and respect for life, we, the Little Brothers of the Good Shepherd, Companions, Board of Directors, staff and volunteers of Good Shepherd Ministries in Toronto, join together to provide services to homeless, disadvantaged and marginalized people.

We strive to provide the basic necessities of food, shelter and a host of ancillary services, ensuring each client justice, equality, dignity and acceptance.

We seek to provide human services that will assist clients in regaining freedom from homelessness. We value each person's inherent goodness and potential for growth.

Coming soon to a computer near you

Good Shepherd Centre's new website will be launched in April 2009.

On our redesigned website, you will find details about our vital programs and services, stories by clients and volunteers, information about volunteering and donating, useful stats and financial overviews.

The answer to your questions about Good Shepherd Ministries is only the click of a mouse away! Visit

www.goodshepherd.ca

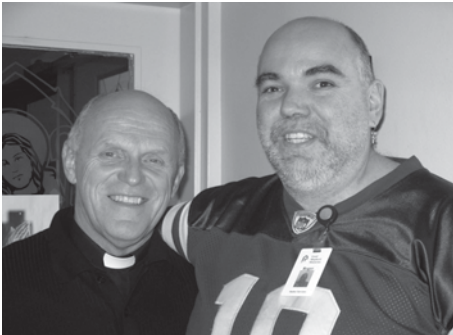
Statistics from 2008

The DARE (Drug and Alcohol Recovery Enrichment) Program successfully prepared 110 homeless men for treatment, and provided post treatment for 45 men. Each month, an average of 48 graduates received ongoing support from DARE.

The Resettlement/Housing Program and DARE together helped 162 homeless men find housing.

Bringing hope to homeless men

An insider's view of working the evening shift at Good Shepherd Centre



Father Ed and Roger Kemp, Evening Shift Supervisor

My name is Roger Kemp, and I am the evening shift supervisor at Good Shepherd Centre. I am writing to tell you a little bit about myself, and what it is I do here at the shelter.

Just to tell you a little bit about myself. At one time, over four years ago, I hit a bottom in my life due to alcoholism and drug addiction. I ended up homeless and jobless.

I want to be able to reach out and offer them hope. I know how they feel; I was there myself at one time.

My alcoholism took me to the lowest point in life. I was what they called a functioning alcoholic, and had finally spiritually bottomed out. I felt I had fallen into an abyss with nowhere to turn and no way out. It was the shelter system that saved me and showed me that there is a way out of the abyss.

If you asked me four years ago if I would be working at Good Shepherd Centre, I

would have said you were nuts. I came through life working in the industrial field. Today it is an honour for me to be able to work at the Centre and give back what was freely given to me.

The clients who come through our doors suffer from mental illness, drug addiction and, alcoholism. My job is to open the door to the homeless at 5:30 p.m. in the evening, and offer them hope as well as a place to sleep for the night.

Evening staff help clients get what they need. What clients need can range from clothing to hygiene products and food.

We try to guide the clients in the right direction according to their needs. We listen to the clients, and try to offer them what we think could help them to get back on their feet.

I might refer a client to our DARE Program which provides pre and post drug and alcohol treatment. We also try to connect them with Resettlement housing workers, Shared Care services for mental health issues, and our nurse for medical problems.

I guess the biggest thing for me is to be there for the suffering person. I want to be able to reach out and offer them hope. I know how they feel; I was there myself at one time. I try to show them the way back to dignity and respect for themselves.

At times, it has been a real test for me to be staff member at Good Shepherd Centre. Living life by a spiritual, 12-step program has helped me reconnect to God. It has given me a second chance to help others who are still suffering out there from the epidemic of drug addiction and alcoholism. I like to think I bring a mes-

sage of hope, that there is a way out, for the one still suffering.

The staff at the Centre take a different approach to working with the homeless. We try to connect one on one to let the person know they are not just another homeless person, and that we understand how they feel. As staff we are here to help, or maybe just listen to what they have to say.

Thank you to God, the Good Shepherd and A.A. for a second chance at life!

Your support of Good Shepherd Centre is active 24 hours a day, 365 days a year.

As Evening Shift Supervisor, Roger oversees bed registration for 66 of the Centre's 91 beds. (Registration for the 25 DARE Program beds is done by interview during the day.)

At 5:30 p.m., homeless men line up on a sheltered ramp that leads to the dining room. Every night, there are more men in the line than there are beds to offer.

It takes patience, firmness and a good sense of humour to work with homeless clients. The behaviour of overnight guests can sometimes reflect the high level of stress and uncertainty in their lives.

The evening and overnight workers keep the Centre a safe and welcoming place, providing snacks, clothing, toiletries – and hope.

Demand soars for the meal program

A frontline look at the new face of hunger in Toronto

“We’re seeing the new face of need, right here in our meal line,” says Brother Tom, Director of Ministry. “We’re seeing people who, a year ago, could make ends meet. Now, they can’t afford enough food to get from cheque to cheque. Our meal program fills the gap.”

Who are the new faces? “I am seeing more women,” says Sister Joan, Director of Pastoral Care. “They have

families. Maybe someone in the family is working, but they just can’t stretch things far enough anymore.”

“Yesterday, we had loads of wonderful apples, so we invited people to take some home with them. One woman said to me, ‘I can put these in my children’s lunches.’ She was excited, appreciative. It was something special for her, to have fresh fruit to give to her family.”



Once rare, now common: the meal line at Good Shepherd Centre spills down Tracy St. and around the corner onto Queen St. East. Support from individuals, parishes and the food industry (see below) has helped the Centre meet the rapidly growing need.

Putting meat on the plates at Good Shepherd Centre

Cargill steps up to help nourish those most in need



Staff from Cargill (Case Ready Toronto) unload a truck filled with turkeys. Support from the food industry plays an important role in helping to feed the homeless. If you or someone you know can donate food from an inspected source, Good Shepherd Centre can use it. Call (416) 869-3619 for more information.

Father Ed said Mass at a parish in the west end of the city last spring. He talked about his work at the Centre, about the need he saw each day.

Someone listened. The next week, the Centre got a call from Jasko Turulja, Plant Manager, and Rick Heywood, Distribution Manager, from Cargill Meat Solutions. Could the Centre use meat?

When the truck came back with Cargill’s first donation, George Shepherd, Manager of Hospitality Services at the Centre, could hardly believe his eyes.

“I called staff to come see,” he remembers. “The truck was full – full to the top – of packaged cuts of meat. I was in shock.”

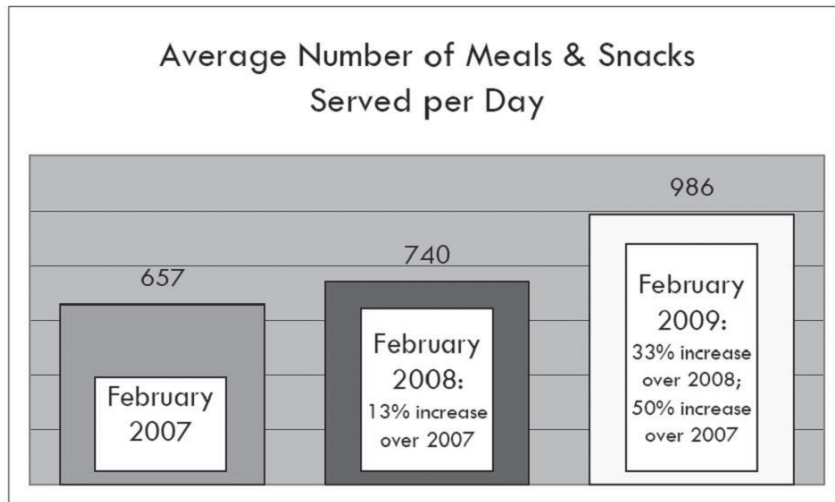
Since that first donation, the men and women who rely on the Centre’s meal program have been enjoying meat donated by Cargill Meat Solutions.

Cargill Meat Solutions is part of Cargill Limited, one of Canada’s largest agricultural merchandisers and processors. Cargill Limited processes meat, eggs, malt and oilseed, and manufactures livestock feed and salt.

“Cargill and its valued employees are committed to be a leader in nourishing people and contributing to the health and well-being of those in our communities,” says Jasko.

This past Christmas, Cargill employees showed up with two vehicles full of turkeys – 100 in all. “The staff helped unload and put the turkeys in our freezers,” says George. “It was an amazing Christmas gift. They really make a difference here.”

To learn more about Cargill Limited, please visit www.cargill.ca.



Learning about the reality of homelessness

by Cassie Collins-Anderson, student volunteer, Herzing College

I grew up in a small town in Newfoundland. I had heard about homelessness, but not paid much heed to it. It's funny how people can be ignorant of what is going on, me included.

The first time I went to Good Shepherd Centre, it changed my whole perception of homeless shelters. I was pleasantly shocked. Most of the beds are bunk beds in cubicles. The men have semi-privacy. Some little rooms have their own individual beds. There is a room where they can go and sit down and watch television or just chit chat.

I have had the pleasure to meet almost everyone at the shelter and these people are so grateful for their volunteers. I have made beds, cleaned walls, helped distribute food, folded laundry, helped in the kitchen and served the food.

The homeless people are treated with so much respect and dignity and they give it back to the staff as well. This is what I appreciate so much at Good Shepherd Centre. They don't look down on the homeless. It gives true meaning to 'what goes around comes around'. If you give respect, you get respect.

Every year, more than 4,000 student volunteers visit Good Shepherd Centre. Most are high school students who come in groups with their teachers. They tour the building, and then help make beds and fold laundry.

Others students, like Cassie, come many times and help out in all aspects of the Centre's work.

Student volunteers make a real difference to the lives of the Centre's homeless clients. If you are 15 years of age or more and interested in volunteering, please call Rebecca Ferguson at (416) 869-3619, ext. 262.



Indian Dancers Wow Volunteers at "A Taste of India"



On November 7, more than 200 volunteers flocked to St. Paul's Basilica to enjoy "A Taste of India."

The evening featured Indian dances by Gunaseelan Dance Company, Indian music by

Paul Sorensen and Jaswinder Singh Sraa. Guests enjoyed a delicious Indian banquet. Thank you again to all our wonderful volunteers.



Right: Ursula, one of the Centre's hard-working kitchen volunteers, and Br. Tom, Director of Ministry, enjoy the 2008 Volunteer Appreciation Event.

Volunteers: Meet your new contact person

Rebecca Ferguson, Fundraiser, Events and Resources

Raised (and still residing) in Scarborough west, my socialist roots were fully planted by 12 years old as my mother was Stephen Lewis' constituency assistant and my father was his riding president. Much of our dinner conversation was focused on the inequities in people's lives and the best ways to make changes. What followed was years of working and volunteering with the New Democrats, assisting with poverty awareness events and marches as well as casework management in the local riding offices.

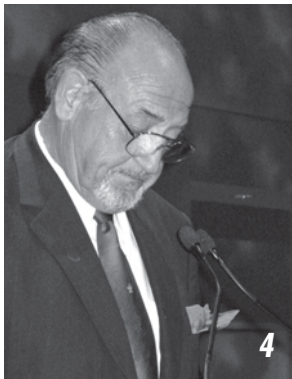
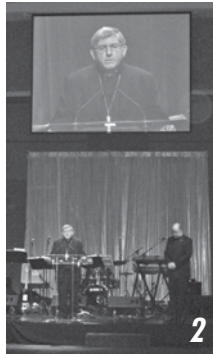
The last 15 years have been spent in a different environment – law firm marketing – primarily running events, parties, seminars and conferences for clients of a Bay St. law firm – a great place to learn the event management skills and make contacts in the corporate world.

Here at Good Shepherd Ministries, I feel that I've come to work in an environment that is meaningful at a local level while laying the groundwork for positive change in so many lives. I will be amazed by the lovely and compassionate people and the good work that is done here for a long time to come.



Call Rebecca at (416) 869-3619, ext. 262 if you have any questions about volunteering at Good Shepherd Ministries.

Stars Among Us: 12th Annual Good Shepherd Gala



The stars shone brightly at the Good Shepherd Gala on March 7, 2009. The 940 guests who filled the hall at Paramount Conference & Event Venue were stars of hope as they helped raise funds for Good Shepherd Ministries' services for the homeless and disadvantaged.

With the lively encouragement of host Hilary Doyle and auctioneer Matthew Penstone, guests ignored the recession and participated generously in the live and silent auctions.

The work of Good Shepherd Ministries shone through a video created by See My Clients, and through the heart-felt words of DARE graduate Joe Beauprez.

Thank you to everyone who helped to organize this event and to create a night filled with stars.

1: Host Hilary Doyle dazzled guests with her energy, warmth and sense of humour. Hilary currently works for Business News Network, a Canadian cable channel which airs business news and analysis. **2:** His Grace Archbishop Thomas Collins said the blessing before dinner. Left to right: Archbishop Collins, Brother David Lynch, BGS, Executive Director. **3:** The live band, Sensation, got guests out of their chairs and dancing through the night. **4:** Vern Zapfe, Chairman of the Board, welcomed the nearly 1,000 guests. Vern's energy and dedication make the Good Shepherd Gala possible. **5:** DARE (Drug and Alcohol Recovery and Enrichment) Program graduate Joe Beauprez spoke movingly of the support he received from the Centre. **6:** Volunteers Daniel Wesser and Wilf Slater prepare for the evening. Thank you to the 22 volunteers who helped set up and run the event. **7:** Tony and Julie Hall of See My Clients, video sponsor.

Thank you to our Gala Stars



Media Sponsor



Reception & Late Night Buffet Sponsor



Video Sponsor

Galactic Patrons: Eckler Ltd., Foyston, Gordon & Payne Inc., Jarislowsky Fraser Limited, KBSH Capital Management Inc., Morrison Williams Investment Management LP, TD Commercial Banking

Rescuing seniors from homelessness

Expansion planned for St. Joseph's Residence

St. Joseph's Residence is growing.

"By taking down the wall between St. Joseph's Residence and the next door apartment, we are creating room for one more resident," says Br. John Chenier, Director. "We will also add much-needed office space for staff, plus a washroom."



Br. John Chenier (right), Director of St. Joseph's Residence, interviews a senior. Thanks to your support, St. Joseph's Residence is expanding.

The expansion brings the number of seniors sheltered by St. Joe's up to ten. Eight seniors will live within the shared residence, and two more in semi-independent apartments in the same hall.

It is hard to find suitable housing for seniors with a history of homelessness. Many of them suffer from addictions and lack the social skills needed to live well with others. The understanding and acceptance they are given at St. Joe's makes it possible for them to blossom. And thanks to your support, one more vulnerable senior will receive that special understanding and care.

New Manager for Barrett House

Br. Richard will provide enhanced support for residents

For more than 20 years, Barrett House has provided supportive housing for individuals living with HIV and AIDS.

Treatment has improved life-expectancy for people with AIDS. But as a result, more people use up their financial resources in their battle with the disease. Impoverished and often critically ill, they turn to Barrett House.

With the support of Barrett House, residents often begin to feel better – well enough to consider living independently. However, without Barrett House's support, can they maintain their health?



Br. Richard, Coordinator of Services at Good Shepherd Centre, serves coffee during a meal. He was appointed Manager of Barrett House in October 2008.

Br. Richard Moore was appointed Manager of Barrett House in October 2008. As Manager, he will assist residents who face complex treatment and housing choices.

Your generosity helps the residents of Barrett House to live their lives with dignity and security.

Our thanks to you

Good Shepherd Ministries warmly thanks all our benefactors and volunteers for their continued support. We are grateful to the following organizations and groups for their recent gifts:

Gregory T. Graham Foundation	\$7,750.00
Lawpro	\$5,337.80
Sunwing Canada	\$5,000.00
The Muzzo Family Charitable Foundation	\$5,000.00
Brebeuf College School	\$2,600.00
Bishopric of Public Ecumenical and Social Services	\$2,000.00
The McLean Foundation	\$2,000.00
St. Anselm's Parish	\$1,105.00
Basilian Fathers of St. Michael's College	\$1,000.00
Canadian Corrugated Packaging	\$1,000.00
Jackman Foundation	\$1,000.00
Saddlebrook Management Consultants Inc.	\$1,000.00
TD Canada Trust	\$1,000.00
Toronto Star	\$1,000.00
St. Ambrose Parish	\$911.50
Holy Spirit Catholic School	\$650.00
All Saints Ladies Auxiliary	\$500.00
BMO Employee Charitable Foundation	\$500.00
Centre for Student Missions	\$500.00
The Moveable Feast	\$500.00

Golf Tournament Notice

The Good Shepherd Golf Tournament
will take place

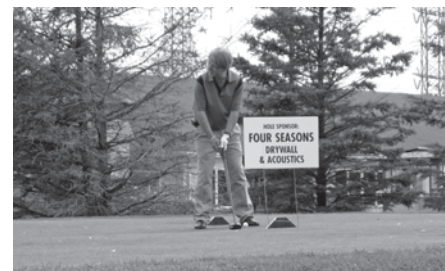
Thursday, July 16, 2009

Deer Greek Golf and Banquet Centre
Ajax, Ontario

This popular 'best ball' tournament is played over 5 courses and will hold 90 foursomes. Foursomes are \$2,500. This event sells out quickly, so book your foursome now!

If you cannot attend but are interested in participating in this worthwhile event and becoming a sponsor or auction donor, please contact:

Adrienne Urquhart
416-869-3619 ext. 223



Fifteen high schools from York Catholic District School Board donate a school bus full of clothing



Food drives, clothing drives, toiletries drives -- Good Shepherd Centre loves them all. These wonderful organizers are, from left: Mr. Joe Servidio, Vice Principal of St. Jean de Brebeuf CHS; Colleen Oag, St. Theresa CHS, President of York Secondary Catholic Presidents' Council (YSCPC); Ms. Doris Calderan, Vice Principal of Cardinal Carter Catholic High School; Trevor Coll, St. Elizabeth CHS, Public Relations Officer (YSCPC); Marcia Accardo, Brother Andre CHS, Equity Officer (YSCPC). Stephanie Dos Santos - St. Jean de Brebeuf CHS; Samantha Ciccirella, Cardinal Carter CHS; and Brother Tom, Director of Ministry, Good Shepherd Centre.

Loretta Foods feeds the hungry

"Dignity and respect for everyone is core to our philosophy," says Joe Gatti, President of Loretta Foods.

That commitment to human dignity shines in Loretta Food's ongoing gifts of high quality prepared foods to help Good Shepherd Centre feed the homeless and disadvantaged. Guests of the Centre's meal program love Loretta's neatly packaged gourmet sandwiches and meals.

Since March 2008, Loretta has donated literally hundreds of thousands of dollars worth of food.

"Loretta Foods has made it much easier to meet the growing need this past year," says Brother Tom, Director of Ministry. "Their sandwiches are hearty and nutritious, easy to distribute and our meal guests really enjoy getting them."

Proudly Canadian owned and operated, Loretta Foods is rapidly expanding in the grocery, retail and the food service sectors. To learn more about Loretta Foods, visit the website at www.lorettafoods.com.



Tish Kelly, Driver, and George Shepherd, Manager of Hospitality Services, prepare to unload a truck packed with fresh food from Loretta Foods. Loretta Foods' donations have helped meet the growing need.

Wish List



Kitchen

- ✓ instant and ground coffee
- ✓ tea
- ✓ soups and stews
- ✓ powdered fruit juice
- ✓ rice
- ✓ sugar
- ✓ cookies
- ✓ hot chocolate
- ✓ spices (paprika, garlic powder)
- ✓ salt and ground pepper
- ✓ condiments (ketchup, mustard, relish)
- ✓ breakfast cereals
- ✓ tinned vegetables, fruit

Medical Clinic

- ✓ nail clippers (larger size)
- ✓ reusable ice packs
- ✓ Band-Aids
- ✓ tensor bandages
- ✓ Metamucil fibre
- ✓ Polident
- ✓ Calamine lotion

- ✓ Tylenol & Advil
- ✓ Neocitran
- ✓ vitamins (C, B, multi)
- ✓ cough syrup & lozenges
- ✓ Chapstick
- ✓ foot powder
- ✓ Emery boards
- ✓ Epsom salts
- ✓ baby oil/Alpha Keri oil
- ✓ small packages of Kleenex
- ✓ Vaseline (small tubs)
- ✓ small tubes of moisturizing cream
- ✓ nutritional supplements
- ✓ dandruff shampoo
- ✓ antacids

Dormitory

- ✓ toothpaste
- ✓ toothbrushes
- ✓ razors
- ✓ shaving cream
- ✓ men's deodorant
- ✓ Kleenex

- ✓ bath towels
- ✓ fitted twin sheets
- ✓ blankets (preferably twin)

Clothing Room

- ✓ underwear
- ✓ socks
- ✓ durable pants sizes 28 - 44
- ✓ sweatshirts
- ✓ t-shirts
- ✓ hoodies
- ✓ running shoes

DARE Program

- ✓ art supplies
- ✓ soccer balls
- ✓ baseball gloves (adult size)
- ✓ recreational items
e.g. tickets to games, movies
- ✓ educational videos
- ✓ relaxation tapes
- ✓ blank notebooks

Our pledge to you

We value each gift entrusted to us in support of the work of Good Shepherd Ministries. We also value your trust, and work to make the best possible use of your investment in the lives of others. We respect your right to privacy, and will not sell or distribute your personal information.

We welcome inquiries:

Good Shepherd Ministries
412 Queen Street East, Toronto, Ontario, M5A 1T3
Tel: 416-869-3619, ext. 223 **Fax:** 416-869-0510
Website: www.goodshepherd.ca