



People for a Healthy Community

Supporting the health and well being of our community

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"But I, being poor, have only my dreams. I have spread my dreams under your feet; tread softly, because you tread on my dreams." William Butler Yeats

Dear Island Neighbours,

It has been an interesting year to watch the impact of a dipping economy.

According to the Vancouver Foundation 2009 report 'Weathering the Storm', 53% of BC's non-profits realized a drop in revenue this past year (average decline 19%); charities and non-profits experienced an average of 21% in staff cuts and yet there was an overall increase in demand for services.

However; on our small island, the generosity of this community continued and we can look back with pride at the work we've done together to provide resources, help to alleviate the hunger of people amongst us and to support people in need.

Thanks to your generosity PHC was able to:

- supplement food to nearly 75 households every week
- provide access to those needing help to find work or to get assistance in applying for income benefits
- assist women and children experiencing violence
- expand the Seniors Dragon Garden bringing together our elders to enjoy sunshine, get some exercise, enjoy a few experiments and grow and eat lots of wonderful nourishing food
- increase the size of the Food Depot Garden offering fresh organic vegetables in our food bags for nearly 5 months this year.
- hire a new Executive Director, Kathryn Molloy who brings a wealth of non-profit management experience from projects like Sierra Club BC, The Victoria Car Share Coop and the International Children's Conference on the Environment

This could not have happened without your support. Thank you!

Please find enclosed a lovely gift card donated by Gabriola artist Jeff Molloy as a token of our thanks.

As the holiday season approaches, PHC finds the demand for our services increasing. Every week more people attend the soup socials and there are increased requests for the Food Depot. **We need your**

help. We invite you to join our pursuit of a community where the basic needs of safety, health, shelter, food security and connection are the concerns of all.

Please, consider a one-time donation or become a PHC Sustainer and join our monthly giving circle. Your generous donation will make a difference in what we can provide.

As a charitable organization we work hard to find funding to ensure quality programs run on a miniscule budget. All donations over \$10 will receive a tax receipt.

Thanks to the more than 90 volunteers who give selflessly of their time, and thank you for your continued support of PHC.

On behalf of the Board of Directors, staff and volunteers, I wish you and your loved ones the very best for the upcoming holiday season.

Sincerely,

David Howe
Chair, PHC Board of Directors

The poor don't know that their function in life is to exercise our generosity. Jean-Paul Sartre

P.S. If you can afford an extra \$20 a month on your grocery bill, you will supplement the food for one person in a year. Please remember, even a monthly contribution of \$5 helps supplement one person's food in a week.



THIS HOLIDAY SEASON

HELP

STAMP OUT

HUNGER