

Thank You for Lightening the Burden of Another

Heather Cassie, Founder and CEO

Marta Bonelli is cherished. Marta came to volunteer with The Table at the beginning of COVID-19 and we have been so grateful for her kindness, leadership, abilities, work ethic, and her compassionate heart for our guests. Beginning as a Food Rescue Volunteer, along with her partner, Keith Uhrig, these two wonderful people saw openings that needed to be filled and offered to serve in any capacity. Marta went on to become our Food Rescue North Coordinator, Food Rescue Lead Processor, and Soup Kitchen Coordinator, and also helped with leadership in the Food Bank and assisted with Administration. Keith continued as a Food Rescue Volunteer, and also has been a jack of all trades, helping wherever needed, including in our Food Bank stock room, and maintenance. Marta and Keith have been absolute gifts to our Table family and community.

Marta and Keith have volunteered and worked to lighten the burdens of others wherever they go. Heading to Marta's home country of Italy in the fall, Marta and Keith will be very missed here at The Table. They have led with such commitment and generosity.

All of us at The Table Soup Kitchen Foundation extend our deepest thanks to Marta and Keith for offering so much of themselves to furthering the work and service of our Foundation. You are loved.

With gratitude and blessings to you both on your next adventure.

{ No one is more cherished in this world than someone who lightens the burden of another – Author Unknown }

You are all cherished. We want to also honour and show our appreciation for each volunteer who serves so faithfully to provide the food, clothing, support, friendship, emergency housing, and other needs to the hungry, hurting and homeless in our community through our Table services. Each of our guests and volunteers are loved and our gratitude is, above all, directed to God for his provision.

God promised that he would provide "the people, the plans and the resources" if I said yes to his calling on my life in starting The Table. He calls each of us to serve and love on our neighbours. As said in 1 John 3:17, 18, "If anyone has material possessions and sees his brother (or sister) in need but has no pity on him, how can the love of God be in him? Dear children, let us not love with words or tongue but with actions and in truth."

Our volunteers serve others by not thinking of receiving anything in return. However, I think all of us at The Table know how incredible it is to have such a loving, supportive Table family that we have been able to share life and times of service with.

Some key volunteer leadership roles are available. If interested, please email our Volunteer Coordinator, Amy Snow, at volunteer@thetablefoundation.ca



Heather Cassie (left) and Marta Bonelli

Growing Hope

Josée Payne, The Table Food Bank Garden Coordinator



Heather Cassie (left) and Josée Payne

The Table Food Bank Garden was started in 2019 with a loan of approximately one acre of land, and a financial donation from The Food Bank Garden in Sault Saint Marie, Ontario.

Our mandate is twofold. First, the Food Bank Garden provides fresh produce to The Table Food Bank where guests are invited to shop once a week. Secondly, the Food Bank Garden provides fresh produce to The Table Soup Kitchen where meals are cooked in our Community Kitchen for guests to take home to their families. It is also worth noting that the Food Bank Garden keeps its footprint to a minimum, rescuing surplus plants and building planters from reclaimed materials, diverting them from the landfill, and putting them to good use.

With ongoing support from local businesses, as well as our Huntsville and Port Sydney community, we have 32 raised beds currently.

Our style of gardening is a mixture of “no till” and “lasagna gardening,” as these contribute to preserving the ecosystem as well as the microbial ecology.

In 2019, we were able to plant fruit trees and berry bushes which generally take two to five years to first harvest. Fast-forward to today, we have 20 apple trees, blueberry bushes, strawberries, grapes, Saskatoon bushes, raspberry canes, rhubarb, and asparagus as a sustainable crop.

A special cheer goes out to our volunteers, who without them, this project would not be flourishing.

We would also like to thank Barb at Bide-A-Wee Nursery for a vegetable seedling donation. We now have three types of tomatoes, carrots, green onions, yellow, white and Spanish onions, garlic, beets, peas, beans, yellow and green zucchini, sliced cucumbers, acorn, spaghetti and butternut squash, eggplant, Brussels sprouts, all because of this one donation.

The Lord continues to bless His children and we are so humble to help Him.

Ways to Donate

We always welcome food and financial donations.

CHEQUES can be written to “The Table Soup Kitchen Foundation,” and mailed to P.O. Box 5411, Huntsville, ON, P1H 2K7.

ONLINE donations can also be made at www.thetablefoundation.ca.

IN PERSON at our Foundation office, 9 Hanes St., Huntsville, is also an option. A member of our leadership team will be happy to meet you. Business hours are Tuesday and Friday between Noon and 3 pm; Saturday 10 am to 1 pm.

Thank you for your generous donations.



Table Talk is a quarterly newsletter sharing news and inspiration from The Table Soup Kitchen Foundation.

Newsletters are received by donors who donate in the previous three months.

We would love to send you a copy of our Fall issue.