



Glade Valley Community Services Newsletter  
 P.O. Box 655, Walkersville, Maryland 21793  
[www.gladevalley.org](http://www.gladevalley.org)  
 301-845-0213  
 MAY 2017

**Our Mission**

**To meet the needs of families and individuals in the Glade Valley area through the coordination of donations of time, talent, money and other resources.  
 Neighbors Helping Neighbors**

Please help us continue to make a difference in 2017. You may designate your donation for a specific program or allow GVCS to use it where it is most needed. Thank you!

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**Meet the Glade Valley Food Bank Team at  
 Walkersville Days, May 20**

Stop by the Glade Valley Food Bank table located outside the Food Bank  
 At Walkersville Town Hall, 21 West Frederick St  
 Between the hours of 8 am and 2 pm

Pick up a free drink and  
 Learn about the services of the Food Bank:

- How you can use the Food Bank if you are in need of food
  - How you can help by volunteering or donating

Stop by and say "Hi"



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**Glade Valley Food Bank    21 West Frederick St, Walkersville    301-845-4229**  
**[gvfb21w@gmail.com](mailto:gvfb21w@gmail.com)**

The Food Bank is located in the lower level of Walkersville Town Hall, 21 West Frederick St., Walkersville. There is an outside staircase leading down to the Food Bank door. Handicap access is also available; contact the Food Bank at the above number or email address for further information. Food Bank hours are Mondays, 6:30 to 8:00pm and Thursdays, 1:00 to 3:00pm.

This spring, the **Glade Valley Food Bank** is working to get the word out to people in the Glade Valley area who may need our services, but don't know much about us or how to access our services. The Glade Valley Food Bank helps our neighbors who face a variety of difficult circumstances which make it hard to provide food for their families: single parents, seniors, grandparents raising grandchildren, people with disabilities or health issues, and people who have lost their jobs or their homes, to name a few. If you know someone who could use our services, please tell them about the Food Bank. We are always available for new clients who have a food need.

For those who are concerned about privacy, new clients are asked some basic information such as name, address, and the names of other persons living in the house. Social security numbers and citizenship information are not asked for. The information we ask for is confidential and not shared with anyone or any other agencies. Reports that are filed include only the total number of persons served, not individual information.

Because of the **generous support of the community**, we have been able to serve those in need of food for nearly 27 years. The Food Bank is run entirely by volunteers, including the co-managers, Donna Swanson and Brenda Haines. Donna and Brenda, along with several other volunteers, work many hours each week to make sure the shelves are full and the food is fresh on Monday evenings and Thursday afternoons when the Food Bank opens. There are volunteers who pick up food from local grocery stores, stock shelves, clean, recycle cardboard and plastic, and complete paperwork during the week. In addition, there are a dozen or more volunteers who work when the Food Bank is open. **Many Thanks** to all these dedicated volunteers.

Many individuals and organizations in the community donate much needed food items each month. **Thank you** to local grocery stores who donate so generously: Giant, Trout's Market, Walmart and Wegmans. **Many Thanks** to all who donate or coordinate food collections. Many churches, schools and other organizations have collection boxes for Food Bank items. If yours does not, why not start one? **Food Drive sponsors** are needed through the summer, when donations tend to decline. If your organization is planning an event this spring or summer, why not include a collection for the Food Bank during the event? Many organizations include a note in their announcement asking attendees to bring an item for the Food Bank.



As you plan your **gardens** for this summer, please remember the Food Bank. Fresh fruit and vegetables are always welcome and appreciated. Thank you to all the gardeners who have supported us in past years.

**Thank you** to all the Postal Workers who participated in the recent *Stamp Out Hunger* food drive and to all who contributed food to this important drive.

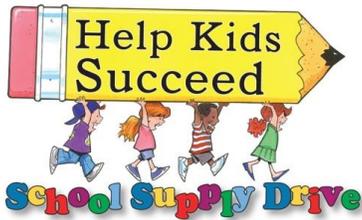
**Items most needed:**

- |                     |   |  |
|---------------------|---|--|
| <b>Baked Beans</b>  | <b>Canned Pasta</b> (spaghetti-o's, etc.) | <b>Hamburger, Chicken, Tuna Helper</b> |
| <b>Canned Peas</b>  | <b>Canned Fruit/Applesauce</b>            | <b>Cereal</b>                          |
| <b>Toilet paper</b> | <b>Boxed potatoes</b>                     | <b>Pudding and Jello</b>               |

At this time, the Food Bank does **not** need soup, corn and green beans due to generous donations of these items.

Always appreciated are **clean, re-usable plastic shopping bags**, which are used to pack food for our clients.

Volunteers are always needed for the many jobs at the Food Bank. To volunteer, contact Juan McCoy at [juan.McCoy@comcast.net](mailto:juan.McCoy@comcast.net) Donations of food can be dropped off at the Food Bank, lower level of Town Hall, 21 West Frederick St, in Walkersville on Mondays, 6:30 to 8:00 pm and Thursdays, 1:00 to 3:00 pm. Questions about volunteering or donating food items? Leave a message for Donna or Brenda at 301-845-4229, or email [gffb21w@gmail.com](mailto:gffb21w@gmail.com)



## Help a Student Start the School Year with Confidence and Excitement Back-To-School Supplies Distribution on August 20<sup>th</sup>

Think about the fun and excitement of shopping for school supplies, and then packing them up in a new backpack all ready for the first day of school! Not every student has that experience. Come August, some students may have to search for a used pencil with a dirty eraser and an old notebook and put them in a plastic grocery bag for the first day of school --- but not here in the Walkersville feeder school area, thanks to a generous community.

Glade Valley Community Services (GVCS) will be holding its annual **School Supplies Distribution Project on Sunday, August 20<sup>th</sup>, 2017 between 11:00am and 3:00pm**. Distribution will take place at the Glade Valley Food Bank. The project ensures that students attending the **Walkersville schools and Walkersville feeder schools** start the school year off right with needed school supplies. We recognize that the cost of these supplies is prohibitive for some families. This project helps these students get a jump start; they begin the school year confident and excited to learn.

We have always depended on the generosity of local churches, organizations, businesses and residents to provide assistance to accomplish this task. We are counting on your generous support again this year. Each student receives a new backpack and the required supplies from the list for each grade provided by the schools.

**Registration is not required. However, parents / guardians must bring student's ID, report card, or school schedule for identification purposes on distribution day.**

Anyone wishing to **donate school supplies** may drop them off at the Glade Valley Food Bank, lower level 21 W. Frederick St. Walkersville, MD on  
Friday Aug. 18<sup>th</sup> between 10:00 am and Noon  
Saturday Aug. 19<sup>th</sup> between 10:00 am and Noon  
Sunday, Aug 20<sup>th</sup> between 9:00 am and 11:00 am



**Volunteers are needed:** mark your calendar now  
Friday, Aug 18<sup>th</sup> between 10:00 am and noon to help sort the items  
Saturday, Aug. 19<sup>th</sup> between 10:00 am and noon to help prepackage the supplies  
Sunday, Aug. 20<sup>th</sup> to help with distribution of supplies. Volunteers should arrive by 10:30 am for orientation prior to distribution.

For more information or to volunteer, contact Don Boos or Ann Wadding at 301-845-0213.

**The following is a list of school supplies needed:**

- Spiral notebooks (single subject, wide and college ruled)
- Spiral notebooks (multi-subject, wide and college ruled)
- 3-ring loose leaf binders (1 inch - assorted colors)
- Back packs (elementary school age, middle school age, and high school age)
- Safety scissors
- Rulers
- Pencils (#2)
- Colored pencils
- Colored markers
- Highlighters
- Ball Point pens (black, blue, red)
- Dry erase markers (Low Odor)
- Loose leaf paper - wide ruled
- Loose leaf paper - college ruled
- Composition notebooks (wide ruled)
- Folders with fasteners (assorted colors)
- Zippered pencil pouches
- Compass and protractor
- Subject dividers
- Index cards
- Glue sticks (fat and regular size)
- Crayons (16 and 24 count)

## Community Thrift Shop Ready for Spring and Summer -Volunteers are needed-



While we are talking about school supplies for August, now is a good time to think about back to school clothes. As your children finish the school year, why not donate their outgrown school and summer clothes to the Thrift Shop? Gently used, clean **children's clothing** is always in great demand, especially around Back to School time. Your donations today will help a child in August start school with a smile and a new outfit.

To make this all happen, the Thrift Shop is in need of **volunteers** for the summer. The Thrift Shop is run by an all-volunteer staff, including co-managers MaryAnne Schouw and Mel Palmer. But Mel and MaryAnne need more volunteers to keep the Thrift Shop open each Saturday. Whether you can volunteer for a couple of hours, or on a regular weekly or monthly schedule, you will make a difference. This is also a great opportunity for church and community groups to provide a much needed community service; your group can sign up for one Saturday, or a whole month. To volunteer, contact Mary Anne at [maryanne.schouw@gmail.com](mailto:maryanne.schouw@gmail.com) or 301-845-4126.

The GVCS Community Thrift Shop is located in the basement of **St. Paul's Lutheran Church Parish Hall at 19 West Pennsylvania Ave. near Fulton Ave.** in Walkersville. The shop is open most **Saturdays from 10:00 am to 2:00 pm.** A bag of clothing is \$2.00, books and shoes are free. All proceeds are used by GVCS to benefit local families through their many programs.

Please donate your clean, gently used clothing, books and small household items to the Thrift Shop to benefit local families. Look for the name Glade Valley Thrift Shop on the green clothing drop boxes. Please be sure to drop donations *inside* of the green boxes. Clothes left outside the boxes are often damaged by rain and dirt.

In Walkersville, the green clothing drop boxes are located at the entrance to the St. Paul's Parish Hall parking lot at 19 West Pennsylvania Ave. near Fulton Ave., and at the Walkersville Community Church, 207 Braeburn Drive. In Woodsboro, there is a clothing drop box located in the upper parking lot at Woodsboro Evangelical Lutheran church, 101 S. Main St. Entrance to the upper parking lot is by way of Church Alley.

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## Glade Valley Community Services has a New Website [www.gladevalley.org](http://www.gladevalley.org)

Glade Valley Community Services has recently launched a new and improved website which can be found at [www.gladevalley.org](http://www.gladevalley.org) . Visit the website to learn about GVCS, its programs and services, contact information, and how you can support GVCS with your time, talents and money. Thanks to Don Boos for leading this project.

You have not lived today until you have done something for someone who can never repay you.

John Bunyan

## Summer Outreach of Walkersville Area Churches (SOWAC)

### Lunch Program Has Busy Summer Planned

SOWAC is celebrating its 10th year of providing lunch and activities for kids 18 and under during the long summer months. The agencies collaborating for this program are FCAA (Frederick Community Action Agency), GVCS (Glade Valley Community Services) and local church volunteers.

To start, Frederick Community Action Agency delivers meals throughout Frederick County to locations where 51% or more of the kids are receiving free/reduced meals at school. The Discovery site qualifies, and FCAA provides lunches each week day which include hot food such as chicken patties and burritos, plus milk, fruits and vegetables. While the Creamery Park site does not meet the above qualification for FCAA provided lunches, the need is still great. Our Creamery Park site volunteers work hard to shop for food and prepare hundreds of brown bag lunches to meet the needs of hungry children in our community. GVCS provides funds for the food, supplies, crafts, games and visitors for both the Discovery and Creamery Park sites. Our local churches organize the volunteers to staff the sites, serve food, play games and engage the kids and caregivers.

But SOWAC is not just about serving lunch. Volunteers engage and interact with the kids by playing table games, (Connect 4 is a favorite), shooting hoops, blowing bubbles with the young ones and getting creative with crafts. Our kids enjoy a nutritious meal while playing in a safe and positive environment. We will have visitors from the Walkersville library, Bookmobile, Walkersville Fire and Rescue, Seeds of Life Nursery, Kick's Karate, WIC, WAGS for Hope and VICKI and Friends face painting, to name a few. The kids will also help with preparing, planting and harvesting delicious vegetables from our Discovery Community Garden. We plan to serve around 1,500 lunches and entertain many "bored" kids throughout the summer!



The Discovery site will run for 10 weeks beginning June 19 and ending August 25 (closed for July 4), with an end of summer celebration on Saturday August 26. Lunch is served Monday thru Friday from 11:30-12:30 with activities running from 12noon to 1pm. We have amazing volunteers from Calvary Assembly Church, The Church of Latter Day Saints, Peace In Christ Lutheran Church and St. Timothy Roman Catholic Church to staff the site and create a safe and fun environment for all.



The Creamery Park site will also begin on June 19, serving lunch for 6 weeks until July 28 (closed July 4). Lunch will be served weekdays from 11:30am until 1pm. Activities and visitors will start at 12noon and continue until 1pm. The kids at Creamery Park will enjoy many of the same visitors and activities mentioned above. Glade United Church of Christ, Walkersville Community Church and Fredericktown Baptist Church provide dedicated volunteers who joyously shop for food, prepare brown bag lunches and create a fun and safe atmosphere for our children.

*Photos from 2016 SOWAC program*

We hope to have many Walkersville residents come out and enjoy our summer lunch program. We strive to create a fun, positive and safe place for our kids to enjoy lunch and have fun being a kid. We are so grateful to our church volunteers, community businesses and organizations that make this program a huge success. With the support of our community, SOWAC can continue to meet the need for nutritious lunches and positive adult interaction for happy and healthy kids. If your church or organization would like to participate in any way please email Amy Queen at [aqueen12@aol.com](mailto:aqueen12@aol.com). SOWAC continues to thrive and grow with support from people like you. Here's to another summer of sun and fun!!

**Many Thanks** to Amy Queen, SOWAC chair, Jennifer Goodman, SOWAC Activities Coordinator, and the SOWAC committee who work year round to plan and provide this wonderful summer program. Amy, Jennifer and members of the committee can usually be found at one of the lunch sites most week days during the summer.

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**Every kid is one caring adult away from being a success story.**

Josh Shipp

### **The Emergency Relief Fund - "We're There When You Need Us"**

The Emergency Relief Fund's first quarter 2017 calls have exceeded the number of calls fielded for both the first and second quarters of 2016. Each caller's needs are individually assessed. We assisted 2 families with their electric bills, 5 families with their rent / eviction, 3 families with their water bills, 1 special case with child care, another family's special situation with unexpected funeral expenses for their daughter, and a homeless single mom and her 3 children were provided motel lodging for warmth and shelter for a few days. These 13 families totaled 23 adults and 21 children whose lives were positively impacted by the \$3302 that GVCS Emergency Relief Fund was able to provide because of our generous community.

In addition to the financial assistance we provided, we also were able to provide a listening ear, compassion, information and helping hands to some other unique local needs because we care. For example, we were able to supply a donated mattress set to a family in need. Several callers were interested in assistance for their stay at a local "sober home." One gentleman wanted help finding a handicapped van to rent for his trip to a family reunion this summer. A caller with immediate food needs for his family was put in touch with our Food Bank managers. Several of our callers were from outside the Walkersville school district or had received assistance in the last 18 months, and even though we were not able to provide financial assistance, each caller received a return call offering suggestions and information about where they *could* receive assistance.

Our two dedicated Emergency Relief Fund (ERF) volunteers take their jobs very seriously. Every Monday through Friday year round, our volunteers take the phone calls and go to great lengths to reach every caller and respond to their need. One of the ERF volunteers describes why she devotes herself to this job: "Every call and situation is unique. The depth of human need can be an astounding wake-up call. It is hard to stress over my own "problems" when you see how hard some of our neighbors' lives are. My volunteer work makes me realize how very blessed I am despite my perceived problems. Though I can't fix their problems, I can be kind, caring and provide non-threatening conversations with useful information, often with a bit of humor to bring a smile to a difficult situation. I was most touched recently by being able to help a mother faced with the difficult task of burying her daughter under tragic circumstances. To be there for her, through her pain and frustration, was an indelible honor for me. I thank GVCS for the opportunity to serve my community in such a direct and meaningful way."

**Thank you** to these caring ERF volunteers, both with social service backgrounds, for their dedicated service to our community. **Thanks** to our caring community for providing the funds which makes their work possible.

GVCS current needs:



**Contributions are Welcome:** GVCS, PO Box 655,  
Walkersville, MD 21793

For your consideration and convenience, a contribution envelope is enclosed. You may designate your donation for a specific program or allow GVCS to use it where it is most needed.

**Summer Lunch Program (SOWAC):** This program starts June 19. Contact Amy Queen for more information or to volunteer, [aqueen12@aol.com](mailto:aqueen12@aol.com)

**Volunteers:** individuals and organizations/groups are needed to help serve lunch and supervise activities for a week in the summer between June 19 and August 25.

**Back to School program: August 20.** Leave a message for Don Boos or Ann Wadding at 301-845-0213

**Volunteers** to help sort supplies on August 18 or 19

**Volunteers** to help on day of distribution on August 20

**Donations** of school supplies; deliver to the Food Bank on August 18 or 19, 10am - noon, or August 20, 9:00 - 11:00am

**Thrift Shop: Volunteers** needed Saturday mornings 9:30-2:00. Contact MaryAnne Schouw at 301-845-4126

**Other Ways to Support GVCS:** Do you have another way you would like to support the work of GVCS? Please share your ideas with us. Call 301-845-0213 and leave a message.

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**Thank You, Thank you to the Walkersville Senior Citizens** for preparing the newsletter for mailing. We appreciate their support of GVCS. It is a pleasure to work with them and meet such friendly and cheerful people. The group devotes several hours of their meeting time to collate, apply address labels, and seal the newsletters, which are then ready for mailing. The Walkersville Senior Citizens meet each Tuesday and Thursday in the Walkersville Town Hall community room for a program and lunch at 11 am. New members are welcome! An elevator is available. Thank you to Linda Spears who coordinates this service project.

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**Please support local businesses** who support Glade Valley Community Services:

- ❖ Area grocery stores who donate so much to the Food Bank: Giant, Trout's Market, Walmart, Wegmans
- ❖ Leslie Baker, local Cruise Planner and Travel Consultant, will make a donation to Glade Valley Community Services for any travel booked through her agency when you reference GVCS during the booking process. Please email Leslie at [labbaker@gmail.com](mailto:labbaker@gmail.com) or call 240-415-0978.

**Contributions Welcome**

You may designate your donations for a specific program or allow GVCS to use it where it is most needed. Contributions are tax-deductible. GVCS is a 501(c) 3 non-profit organization which is funded solely by contributions and run by volunteers.

Contact us: [www.gladevalley.org](http://www.gladevalley.org)

GVCS Offices / Emergency Relief Fund

Phone: 301-845-0213

Fax: 301-845-9811

Food Bank Phone: 301-845-4229

Food Bank email: [gxfb21w@gmail.com](mailto:gxfb21w@gmail.com)

Address: P.O. Box 655, Walkersville, MD 21793

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If you **change** your mailing address or email address, please let us know so we can update our mailing list.

Newsletter Editor: Kathy Fenimore [fenimorekathy1@gmail.com](mailto:fenimorekathy1@gmail.com)

**Dates to Remember**

**May 20**

**June 19 – Aug 25**

**Aug 18 – 20**

**Walkersville Days**

**SOWAC summer lunch program**

**Volunteers needed**

**School Supply Distribution**

**Volunteers needed**