

**CEFM Network, Inc.**  
formerly Catonsville Emergency  
Food Ministry

25 Bloomsbury Avenue  
Catonsville, MD 21228  
Hours: M-Th, 9am - 1pm  
and by appointment  
Phone: 410-747-HELP



## FOOD FOR THOUGHT

# CEFM Network NEWSLETTER

November 2014

## HOW CAN YOU HELP ?

**Product Donations** We accept donations of non-perishable grocery items at 25 Bloomsbury Avenue, Catonsville, Monday - Thursday 9 AM to 1 PM.

**FOODS:** Right now we need much more food! ... especially: **boxed muffin mixes, hot chocolate, stuffing, mashed potatoes, cereal; also canned vegetables, beans of all sorts, tomato soup and canned fruit.**

**Financial Donations** are greatly appreciated at any time and are qualified for tax deductions. We have several ways you can help us financially. Checks sent to our office, made out to CEFM Network, Inc; or if you prefer, go to our website at [www.catonsvillehelp.org](http://www.catonsvillehelp.org) and select **Donate** to make a secure on-line donation. Even loose change in the 7-Eleven local stores' donation boxes adds up. AND join our electronic, secure mailing list to save us postal cost & help save a tree! Send your email to: [25bloomsbury@gmail.com](mailto:25bloomsbury@gmail.com)

**Sponsorship** We welcome you sponsoring the cost of marketing materials. We need sponsors for our Sweetheart Dance and other fund raisers. Sponsors for our spring volunteer appreciation lunch and other CEFM Network events would be appreciated!

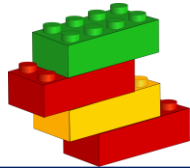
**Volunteers** are needed for indoor and outside maintenance of our property; for food transport and pick up; and we need extra help with food sorting during the holidays and organizing a food drive is always welcomed! And notice the "**Toys**" article inviting gift donations for our clients' children coming up soon!

***Any way you choose to get involved will make a big difference. On behalf of our staff, our clients, our board members and your Catonsville neighbors, we thank you for your participation.***



IF EVERYONE who donated an item for last April's Yard Sale donates a new, unwrapped gift for a child from AGES 2 - 14 years .. then we will have an abundant TOY SHOP this December!!

Educational toys, books, art supplies, sports equipment and balls, gift cards, even a bicycle have pleased our clients/parents in the past. Gifts can be delivered to 25 Bloomsbury Ave, Saturday, Dec. 13 between 10 am - noon or Dec. 15 - 16 between 1 - 3 pm.



***Our thanks to our volunteers!***

### LABOR OF LOVE

CEFM Network appreciates all of our volunteers! In this issue we would like to especially recognize our September and October "Labor of Love" volunteers. These groups come to CEFM for around 4 hours on a Saturday and assist with specialized workmanship needs such as electrical work, sawing, leveling, hauling, and deep cleaning.

During September we were particularly grateful for the talented hands lent us by **Salem Lutheran and Christian Temple**, and in October by **UMBC's Lambda Chi Alpha fraternity**. With the combined efforts of these three groups we were able to make our newly enclosed back porch fully functional for receiving food donations, and our basement clean and organized for handling special annual events such as our dance fundraiser and school supply and holiday shops. Special kudos to **Salem Lutheran, Christian Temple, and Lambda Chi Alpha!**





## Executive Director's Message

As we enter the holiday season and the temperature outside cools, here at CEFM Network the work done to help our neighbors is only heating up.

We have exciting plans to help families celebrate the holidays. We are preparing Thanksgiving baskets filled with goodies, and for Christmas, we are stocking a "toy shop" for parents to come and find something special for each of their children. We are looking forward to this opportunity, and we hope to help brighten many young lives within the Catonsville area.

One of the things I am most excited about includes our new lineup of classes which are geared toward providing lasting self-sufficiency to our valued clientele here in Catonsville:

Financial literacy is one of the subjects and will be for ages 12 to adult. The classes are open to the entire community. Those interested can bring their kids and learn about this important topic together. Another class theme is energy efficiency. Our goal is to make these classes engaging and interactive with practical tips for every household. The dates will be announced on our website in the near future and also on the calendar page of the Catonsville Times.

With the start of fall, our student volunteer program has been flourishing. Interested students meet Wednesdays with **Patti Palletela**, who has been doing a great job as supervisor for this energetic group. The scheduled time is Wednesdays, 2:30 to 4:30 p.m. If anyone is interested, we are in need of an additional adult student coordinator.

Finally, I want each and every one of the volunteers at CEFM Network to know how valuable they are. Nothing would get done without you, who give selflessly of your time and energy each and every week.

*-Megan Murduck*



Plan to start your day at **Applebee's** on US 40 on **Saturday, February 7, 2015**. These great breakfasts are a popular fundraiser and this date was the only date available months ago! So join the crowd and reserve your seats by contacting Bert Collins at: 410-744-5303 or [bertcollins@gmail.com](mailto:bertcollins@gmail.com).

### Here's something to look forward to this Holiday Season!

Again we are sponsoring a fabulous "**Sweetheart Dance**" at the Rolling Road Golf Club Mansion. This is one of our fundraisers for the year which allows us to help our neighbors in need.

The popular band, "Collect All Five", will be back and a Grand Prize Drawing will take place.

Tickets for this elegant evening on Saturday, **February 7**, can be requested through: [cefmdance@gmail.com](mailto:cefmdance@gmail.com) or by calling Bob at 410-747-2821. Tickets are limited, so purchase yours as a Holiday Gift and as something to look forward to in the New Year!



Subscribe to our e-Newsletter by emailing to:

[25bloomsbury@gmail.com](mailto:25bloomsbury@gmail.com)

Help us save on postal costs!

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CEFM Network, Inc. (formerly Catonsville Emergency Food Ministry) has been a nonprofit 501(C)3 organization since 1987. We have relied on financial support from the churches, businesses, and individuals in order to serve the needs of local residents in time of crisis.

#### **Donations are tax deductible.**

Please complete this coupon and mail with check to:  
Catonsville Network, Inc.  
25 Bloomsbury Avenue  
Catonsville, MD 21228

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Address \_\_\_\_\_

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Executive: \$2,500 to \$4,999

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