

## Board of Directors

Richard Hiteshew, President  
Dawn Olenski, Vice President  
Larry Haynes, Treasurer  
Brent Tolbert-Smith, Secretary  
John Monck, Executive Director  
Eugene Cashour  
Mary Cashour  
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Ray Persinger  
Patricia Smidt  
Karen Roberts  
Nicole Sroka  
Lauren Epple  
Adam Howell  
Ed Tolzman  
Stephen Sroka

# Meet the Board



Lauren Epple

**L**auren Epple recently joined the Board of Directors of the CEFM Network. She will be publishing our bi-monthly newsletter.

Lauren received a Bachelor's Degree in Finance from the University of Maryland, College Park in 2006.

Lauren currently holds a position with Northrop Grumman Electronic Systems where she does scheduling and planning activities on a number of large military projects.

Lauren is also the part-time manager and book keeper of Trading Post Pawn, Inc.. The pawn shop has been the family business for the past 10 years. The business provides short-term loan services and a market for second-hand goods. Lauren plans to take over the store when her father retires.

In 2005, Lauren worked closely with John Monck and Richard Hiteshew to put together the CEFM Policies and Procedures Manual.

Lauren has lived in Catonsville her entire life. She loves spending time with her family and her dog, Maggie.

# NEWSLETTER

**CEFM  
NETWORK**

25 Bloomsbury Ave.  
Catonsville, MD 21228  
410-747-HELP

**FOOD  
FOR  
THOUGHT**



## The Bimonthly Newsletter of The CEFM Network

November-December 2008

### In This Issue

- ◆ Executive Director's Message
- ◆ Our Needs
- ◆ Volunteers
- ◆ Christmas Gift Donations
- ◆ Statistics
- ◆ Special Thank You
- ◆ Website
- ◆ Meet the Board

### Executive Director's Message

**T**hese are exciting times for our organization. Richard Hiteshew, the President of the CEFM Network, successfully closed on the purchase of 25 Bloomsbury Avenue this past summer. The purchase was made possible by a grant provided by the Baltimore County Office of Community Conservation. We wish to thank the Office of Community Conservation, Baltimore County Executive, Jim Smith, and our local County Councilman, Sam Moxley, for their assistance in providing our community with this grant.

Our next task is to raise funds for the renovation and expansion of the property to complete phase 2 and phase 3 of the project. Our hope is that in several years the building will be transformed into a modern and efficient facility that blends into the surrounding neighborhood.

In other news, the Board of Directors recently came to a consensus on our organization's name. We are now officially called the CEFM Network. This name change will more clearly identify our mission, while retaining the CEFM brand. The CEFM brand is recognizable throughout our service area and helps attract contributions to our local collection boxes.



John Monck



## Our Needs



**W**ith rising utility bills, the needs of our clients are increasing. Enclosed with this newsletter is a return envelope for your use. Thank you for your continued financial support.

### Donations Needed

- \*Stuffing (Stove Top)
- \*Canned Yams
- \*Gravy
- \*Canned Pumpkin
- \*Canned Sauerkraut
- \*Green Beans
- \*Canned Fruit
- \*Potatoes (canned or box)
- \*Muffin Mix
- \*Soups
- \*Cake Mix
- \*Mac & Cheese
- \*Grocery Gift Cards

### Volunteers Needed

We are in need of volunteers for holiday basket packing and distribution. We also need regular volunteers for the following tasks:

- ◆ Answer telephones
- ◆ Organize and record donations
- ◆ Write thank you cards
- ◆ Pick up food donations from various stores and sources Monday, Wednesday or Friday.

If you would like to Volunteer, please call our office:  
410-747-HELP

## Christmas Gift Donations

Please remember us for our children's Christmas Gifts, especially for middle and high school age children. We need two gifts for each child; about 200 in all. Gifts should not be wrapped and should be delivered to our office at 25 Bloomsbury Avenue. You can also make designated monetary gifts and we will purchase to fit our needs.

### Statistics

Last fiscal year, CEFM assisted:

- Food Assistance - - - - - 845 times
- Evection Prevention - - - - 55 times
- Utility Assistance - - - - - 56 households
- Holiday Gift Baskets - - - 230 baskets
- Holiday Gifts - - - - - 91 children received 2 gifts each  
plus gloves, scarves, and hats
- School Supplies - - - - - 94 children received backpacks  
filled with school supplies

### Special Thank You

CEFM Network wants to express thanks to the Swamp Fox Farms at the Catonsville Farmers Market. The Board of Directors of CEFM Network also extends our best wishes and sincere Thank You to Joseph Chilcoat, his family and all of the employees of the 7-11 stores located in the Village, Paradise, and Catonsville Junction for displaying our local collection boxes to help the hungry.

### Watch for our new website!

Coming Soon!!!

[CEFM.org](http://CEFM.org) or [Catonsvillehelp.org](http://Catonsvillehelp.org)

Our new website will debut in December, 2008

