

Thanksgiving Newsletter



Canadian Food for Children La Nourriture du Canada pour les Enfants

1258 Lakeshore Rd. E., Mississauga, Ontario, Canada, L5E 1E9

Tel: 905.274.9239 Fax: 905.271.6490

Email: cffc.aasimone@yahoo.ca

"Charity is a tender mother who keeps her eyes fixed on the infant she carries at her breast, who no longer thinks of herself, and who forgets her beauty for her love."

- Blessed Frederic Ozanam

The Blessed Frederic Ozanam and Blessed Rosalie Rendu are dedicated and gifted St. Vincent de Paul Society founders whose wisdom and practical insights have deep relevance in our times.

Frédéric Ozanam was one of 14 children who had the fine example of his father, a medical practitioner who was committed to using his skills to support families in poverty.

Ozanam, as a student, realized that his social justice debates about Catholicism were only words - not actions. He asked the question, "What must we do to live our Catholicism?Let us no longer talk so much about charity. Let us put it into practice and go out to assist those who are poor." The seed was sown for what was to become the St. Vincent de Paul Society.

Ozanam also understood the important role of women and he has said, "Nothing great could happen in the church unless a woman had a share in it."

Over the years, Sr. Rosalie had gained a reputation for working creatively, relentlessly, and effectively under some of the worst conditions facing people living in poverty and destitution. She was 'a national hero of social service', admired even by the anti-Church factions of Frédéric's day. The Sisters went through the streets to find the poor. The poor were not threatened by women. They learned what the poor needed and how best to serve them. Women have the eyes and heart of a mother.

Sr. Rosalie welcomed Ozanam's group of young men. She shared her wisdom and passion for serving the poor. She counselled patience, attentive listening and politeness as values which the young students should honor, telling them that time spent in this way with people living in poverty is never wasted, but will comfort them and uphold their inherent dignity.

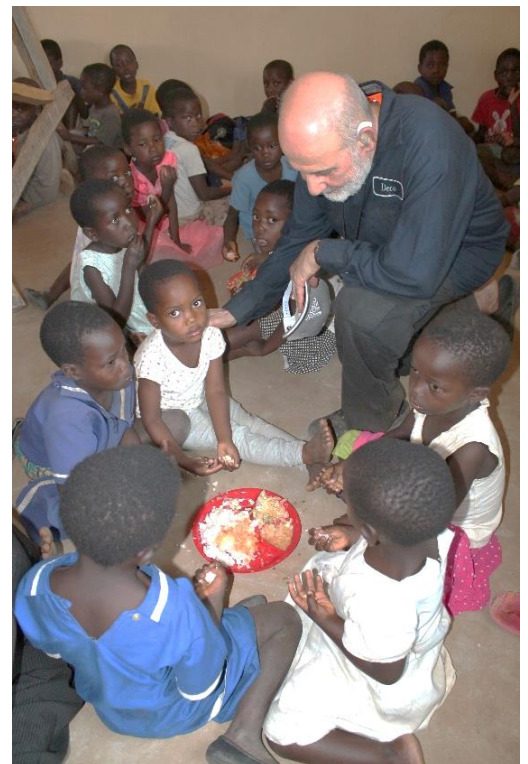
The St. Vincent de Paul Society continues to grow, develop and bring the compassion and love of God to people all over the world. Sr. Lontia and the families of the St. Vincent de Paul Society in Monze, Zambia are very grateful for our generosity and kindness to them.

All of us, men, women, and young people, have a role in actively loving, feeding and caring for God's children.

Please stay safe and healthy.

God Bless,

Eva-Marie Moffat (nee Simone)



Dr. Andrew Simone receives the

2020 Royal College Teasdale-Corti Humanitarian Award

An 82-year-old Toronto dermatologist who has devoted his life to helping those in need is this year's recipient of the [Royal College Teasdale-Corti Humanitarian Award](#).

The award acknowledges and celebrates physicians who exemplify altruism and integrity, courage and perseverance in the alleviation of human suffering, and "Dr. Simone is the living embodiment of [these] principles," says Sam Hanna, MD, medical director at Dermatology on Bloor.

A life of sacrifice

Together with his wife, Joan, **Andrew Simone, CM, MD, DSL, FRCPC**, decided in 1975 to dedicate his life to helping the poor and vulnerable in Toronto and in the developing world, especially children in need. "We changed our lifestyle and gave away most of our money and possessions."

In 1980, a priest asked the couple to help Mother Teresa so they started accepting financial gifts from Canadians to send to her charity in India. In 1981, Mother Teresa sent the Simones a personal letter asking them to start sending food to the poor in Africa. "So we learned how to ship food to The Missionaries of Charity in eight countries."

As this work grew, Mother Teresa encouraged them to start their own charity, which they called [Canadian Food for Children](#). The charitable organization has grown over the years, now shipping five million kilos of food per year with the help of thousands of volunteers and large corporate partners.

"One of our donors is the [Egg Farmers of Canada](#). They give us a half million eggs every year in powdered form. You mix it with water and make a scrambled egg," says Dr. Simone. "They've given us that every year since we started. This is a wonderful protein food for the poor."



Dermatology for those in need

Jennifer Beecker, MD, FRCPC, of the [Canadian Dermatology Association](#), explains that Dr. Simone didn't stop there. "Carrying this philanthropic calling further ... between 1983 and 2008, [he] contributed his Dermatology services as a self-funded medical volunteer in developing countries such as El Salvador, Haiti, Zambia, Sierra Leone and Peru. The number of people around the world who benefited from his dermatological care over these many trips is astounding."

With Joan's support, Dr. Simone now operates a drop-in Dermatology clinic, attached to his Toronto home, six days a week. The goal is to better serve the marginalized by not requiring appointments. His focus is on the early detection of skin cancer. On Saturdays, he sees patients from 4 a.m. to 9 a.m. — the early hours are to help people coming from outside the city avoid heavy traffic.

The clinic's team is well-equipped to serve patients who can't speak English, with staff also speaking French, Spanish, Italian, Ukrainian, Polish, Arabic and Mandarin.

Hearing less, seeing more

Dr. Simone defies the odds. He has done all of these things despite only having five per cent of his hearing. He lost his hearing while in medical school at Queen's University. At the time, he was told he could not become a doctor because he couldn't hear patients, use a stethoscope or talk on the phone. His dean thought otherwise and advised him to become a skin specialist.

"The gift of being deaf is I have very good eyes to see things," he says. "Ninety-nine per cent of Dermatology is looking and basically 95 per cent of the time, I know within 10 seconds what the patient has."

Despite his disability, Dr. Simone finished second in his 1963 graduating class at Queen's. He was awarded the Medal in Medicine. "Once I knew I lost my hearing I thought, 'I'm not quitting.' We had two little boys so I worked as hard as I could."

The gift of perseverance

Now in his ninth decade, the doctor still does 10K runs and is a competitive swimmer. He has completed four Ironman Triathlons and two Boston Marathons.

"I believe that God gave me all my gifts and I do have the gift of perseverance. I have worked every day for 51 years without ever missing a day from being sick."

In reflecting on his life of service, Dr. Simone has high praise for the hard work, dedication and sacrifice of his wife, Joan. "We don't need savings or anything like that. We're just happy that we have good health and can help the poor."

Not surprisingly, Dr. Simone does not seek awards and recognition. He and Joan have however, received letters of gratitude from Mother Teresa, and been named to the Order of Canada and awarded the Papal Cross and Honorary Degree Doctor of Sacred Letters.

He and Joan raised 14 children and cared for 23 foster children in their Toronto home. Joan gave birth to 12 children and two sons are adopted. They have 34 grandchildren and three great grandchildren.

Dr. Simone and Joan have had a very happy life. Each summer, they camp for two weeks. Dr. Simone's hobby is learning languages: Spanish, French, Italian, Creole (Haiti) and German.

From the Warehouse #15

God is good. Despite the virus, we have continued to fill containers, although sometimes we have been limited to 3 a week due to closures of ports in some countries. Over the summer, we were grateful to have several students assist us every day. We will miss hosting classes of students this fall, as a consequence of the virus. We look forward to their return, as it is so valuable for our young people to see the beautiful work of CFFC. Through your generous financial donations, we have been able to buy beans on a regular basis (in giant bags, weighing 2,000 pounds – it's quite a sight!). In one of the pictures in the newsletter you can see how our friends in Honduras pack the pasta and other food donations in "care packages" to distribute to those in need. Last week we shipped a donated car to Haiti. Please note the beautiful picture of the Sisters in Jamaica, so grateful to you for the container.



- Above Photo: Jamaica

Giulio, a young man (and newlywed) who assisted us for several months, has a great devotion to our Lord. Each day as we closed the doors of the container, his custom was to place his hands on it, and pray out loud in thanksgiving to God, and ask for blessings for the people who would receive the food. I found this to be a wonderful example of faith.

Stefania, who works for an insurance company, came in several days this summer to help sort donations. After she volunteers for 20 hours, her company will donate \$500 to CFFC. It is admirable that she comes on her days off, not on company time. Kudos to her company also!



- Above Photo: Honduras

Over the past few months, we have been receiving the result of people's housecleaning. While we are very grateful for your donations (usually), it is necessary to offer a few "guidelines" as to donations of goods. First of all, **everything** should be **clean**, complete with all parts and in working condition. "Do unto others as you would have them do unto you!" For example, outdoor toys and small furniture should be washed or wiped. Small empty containers, like plastic yogurt containers or pill bottles, should be recycled. It's helpful if winter clothing donations are separated and labeled as such. Very heavy winter coats and boots might be best used at a shelter here. Elaborate toys and large electronics, chandeliers and coffee makers would probably be best donated to Habitat or the Salvation Army. Likewise with video tapes and CD's, as these are almost obsolete in the developing world. The only books we can accept are children's books (with a few exceptions).

Please continue to give with love. The poor deserve the same dignity as each of us. And of course, your money gifts allow us to buy food, which is the focus of our charity. We continue to look forward to seeing your kind faces, even if they are behind a mask!

- Sal Badali

Newsletter now available online!

If you would like to receive the newsletter online, visit: <http://www.canadianfoodforchildren.net>

To register for the E-newsletter. Otherwise we will be happy to continue mailing the newsletter to you.

Secular Franciscan

Mary Mother of the Poor Secular Franciscan meetings are held on the third Monday of each month at 1 o'clock in the front meeting room of Canadian Food for Children warehouse. We welcome all inquirers and visitors to join us for a time of prayer and companionship as we follow Jesus in the spirit of St. Francis of Assisi. "Come and see." John 1:39.

Peace and joy,

Helen McGuire, ofs hcmcguire@rogers.com and Patricia Rogan, ofs progan@rogers.com

Please contact: Loretta Antonacci books appointments for students and other groups to come to the warehouse at cffc.studentgroups@hotmail.com/ Talks in Chatham, Windsor and London- call John and Sandra Van Raay @ 519.352.6659 / Talks in Toronto Area or across Canada- call the main office @ 905.274.9239
Canadian Food for Children Warehouse: 1258 Lakeshore Road East Mississauga, ON, L5E 3D8 (West of Dixie Rd.) Tel: 905.274.9239. Hours of Operation: Monday to Friday 8 a.m. until 12 noon