

# FRIENDS & FAMILY

Community  Connection



June 4, 2010

Dear FFCC Team,  
Battling Homelessness in San Diego.

Did you know?

- a) Hundreds of people in our city go to sleep without secure shelter. Many are families, veterans, youth, and women fleeing domestic violence.
- b) The national number of people receiving food stamps has risen to 4.6 million, an increase of 16.8%.
- c) As of May, California's unemployment rate is 13% and climbing.
- d) An estimated 1.5 million will become homeless by the end of 2010 as a result of this recession.

Homelessness touches nearly every one of us through friends, relatives, co-workers, or acquaintances. The good news is that we can all do something to make a difference. Together we can exponentially increase our effect. Join us this Monday night at the Salvation Army building downtown at 6:00pm, as we feed the homeless and help to end homelessness in San Diego. Go to our web site at [www.ffcsd.org](http://www.ffcsd.org) for details.

What can I bring? Any of the following:

- \* Bring a financial donation to help cover the food cost of the dinner served.
- \* Bring a case of water bottles to give away to our homeless guests.
- \* Bring new socks, hygiene items (tooth brush, toothpaste, mouth wash, etc.) to distribute.



If you know of any job opportunities, please email FFCC at [philffcc@san.rr.com](mailto:philffcc@san.rr.com) and FFCC will follow up to match skill levels with job requirements. Bring your family and join us Monday night!



## Food Packaging Opportunities!

Here are some dates that you can begin to plan your schedule around, to help FFCC package and ship food where it is desperately needed.

### Packaging Event #19, June 18th.

Windermere Properties will be hosting a company Food Packaging Event in Rancho

Bernardo. Open spots will be available to FFCC volunteers on June 5th.

### Packaging Event #20, July 10th (Note date change!)

FFCC is partnering with Maranatha Church in RB to package 180,000 meals. Sign-ups will begin next week.

### Packaging event #21, November 6th.

FFCC is partnering with St. Bart's Church in Poway to package 200,000 meals.

### Packaging Event #22, November 28th.

FFCC is partnering with Grace Lutheran Church in Escondido. The number of meals to be determined.

If you would like to host a Food Packaging Event for your business, school, or organization, please contact Doug Ferrin at [doug@ferrinconstruction.com](mailto:doug@ferrinconstruction.com) to discuss how FFCC can help you make it happen.

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Donate



You make a difference!

Thank you so much for your gifts of time, talent, and financial support!

## Quick Links

**FFCC Website!**

[email](#) FFCC



## Trip #7 to Tanzania!

Nine days and counting before the Tanzania Team #7 heads off to Africa. If you would like to get regular email updates from the team while in Tanzania, please email FFCC at [philffcc@san.rr.com](mailto:philffcc@san.rr.com) and we'll add you to the distribution list.

This will be the final week that the team can receive used tool donations for the leper colony living in the village of Nkungi. Life is extremely difficult for these

individuals and families. Your donation of hand and power tools provides a way for these folks to make a living. Please contact Doug Ferrin at [doug@ferrinconstruction.com](mailto:doug@ferrinconstruction.com) with your tool(s) donation.



## Trip #3 to Haiti!

There is still room for you to join the FFCC team as we prepare for our next trip to Haiti, July 30 to August 8. Dr. Eunice Mata will be traveling with the team to make preparations for a large medical team returning in January 2011. Roger Elmore, Professor of Food Science and Human Nutrition at Iowa State University, will be working with FFCC to develop a non-perishable, protein-packed recipe from naturally grown products in Haiti. Doug Ferrin, General Contractor, will be heading up the construction team that will

be assisting in the construction of a children's orphanage in the city of Gressier. Join us and help make a difference in Haiti. Email Phil at [philfcc@san.rr.com](mailto:philfcc@san.rr.com).

### Upcoming Events at a Glance

Homeless Outreach (SD Salvation Army)	June 7	6:00PM
FFCC Tanzania Trip #7	June 13-30	
19th Food Packaging Event (Windermere)	June 18	
Adult Senior Outreach	June 22	9:00AM
Quilting Party (Grace Lutheran Escondido M.P.Room)	June 26	9:00AM-12:00PM
Event #20 Leader Volunteer Training (Maranatha, RB)	July 6	6:30PM
20th Food Packaging Event (Maranatha, RB)	July 10	
FFCC Haiti Trip #3	July 30-August 8	
21st Food Packaging Event (St. Bart's, Poway)	November 6	
22nd Food Packaging Event (Grace Lutheran, Escondido)	November 28	

### Contact Information

FFCC Director  
Phil Harris  
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