



2022 IMPACT REPORT

SUPPORT, BUILD, ADVOCATE

Our community knows that necessity is the mother of invention. COVID, inflation, and insufficient income continue to push people deeper into poverty and stretch our budget. However, we have been supporting our community for 40 years and we will continue to do so.



“I can feel the love everyone puts in our food when I eat my lunch. Everyone at The Stop is so welcoming, it feels like a family.”





A new era, new hope, and new beginnings.

Food has always been central to our work at The Stop; from the first sandwich we served in a Kensington Market basement 40 years ago to the almost 80,000 meals we served last year. But food alone can't repair the damage caused by colonization, racial discrimination, addiction, or poverty. And organizations working in isolation can't build communities that are strong and healthy.

As Toronto's rates of poverty and social isolation continue to rise, The Stop will be tenacious in our advocacy for more supportive social policy.

The provision of emergency food services by social service agencies was never designed to be a permanent solution to hunger. We will strive to ensure that we continue to provide our services to as many people who need them, and to continue to do so with the highest level of integrity and dignity that The Stop is known for. We will continue to uphold the founding principles that good food is a human right.

Thank you for being part of our community for the last 40 years.

In solidarity,

Shae London
Executive Director

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



40 YEARS OF ANTI-POVERTY WORK



The Stop (formerly Stop 103), began with a parish priest and his wife, Campbell and Shirley Russell, making sandwiches for hungry people who came to their door. Our initial location was in Kensington Market at 103 Bellevue, hence the name Stop 103. Some people say the name "The Stop" came from "Stop the cycle of poverty".

We later found our home in the Davenport West neighbourhood, where we continue to provide emergency food access and community services to this day.

In 2009, we opened a facility at Christie and St Clair called the Green Barn. It's a 10,000 square foot space dedicated to sustainable food production and food literacy.

In 2019 we took on a third location, Wychwood Open Door, where we run emergency food access and community programs.

Throughout the pandemic and due to the subsequent inflation, we have seen a huge spike in demand for our services. While we started as a food bank, our organization has blossomed into a nurturing hub where people can come together to cook, grow, and be actively involved. Food relates to health, justice, community, and the environment. Food is powerful. People first come to The Stop to eat, but when people gather for a meal, connections happen, and it is a way for us to build community and belonging.

But is our 40th birthday a reason to celebrate or reflect?

This year, Canada hit a 40-year high inflation rate. Our community members still don't have adequate supports, and our organization is facing a higher demand than ever before. We are all being pushed to be even more resilient, and there is no relief in sight. Our community is counting on us to be there to provide emergency food access as they face inflation and recession, and our budget has been heavily affected for the same reason. Right now and in the future, we must push for systemic change while also meeting the present needs of the community.

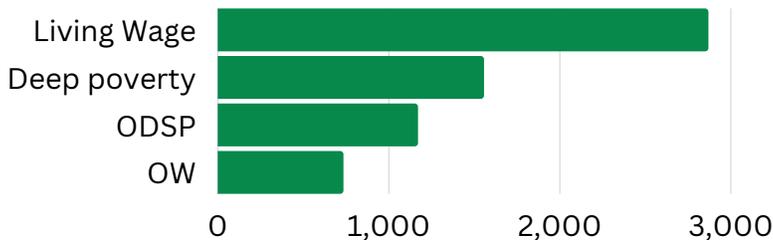


Poverty in Canada

Canadians living in food-insecure households are vulnerable to chronic conditions like diabetes, heart disease, hypertension and arthritis. They die earlier than their better-fed counterparts.

In 2021, a national poll showed that **46% of Canadians ranked the cost of housing as their largest obstacle to affording food** - up from 21% only a year before.

People on Ontario Works (OW) are receiving **53% less** income than what Ontario's Poverty Reduction Strategy deems deep poverty, and **only 25%** of what the Ontario Living Wage Association has calculated as Toronto's living wage rate.



Canada

- In 2022, Canada's inflation rate spiked to **8.1%**, hitting **40-year high**
- 1 in 3 single adults live in poverty; that's **1.3M** across Canada
- The cost of groceries has risen by **10.8%** in the past year
- **5.8 million Canadians, including 1.4 million children**, in the ten provinces lived in food-insecure households in 2021

Toronto

- 1/4 Torontonians are struggling to make ends meet
- A \$30 per month increase in rent would lead to **73,776 more visits to food banks** annually in Toronto

Davenport West

- **\$36,800** is the median after-tax income
- 14,955 people in the neighbourhood live alone
- 105,946 people live in the Davenport area



Our Policy Recommendations

As part of our commitment to tackling inequality and achieving long term outcomes, we've continued to engage in public policy work to dismantle the systemic barriers that keep our community members in poverty.

In 2021, we surveyed over 200 service users to determine their top public policy priorities, which in turn have informed our advocacy work. Community members identified increased social assistance rates, affordable housing, and free or OHIP-paid dental care as their top three priorities.

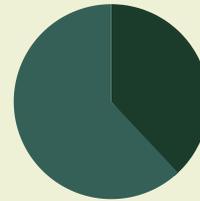
Our policy recommendations are:

- **Increase social assistance rates to be in line with the cost of living in each city instead of a single rate across the province.**
- **Implement a federally-guaranteed living wage, adjusted for the cost of living in each region.**
- **Introduce vacancy control to help ensure affordable housing and stabilize rental rates.**

Poverty is multifaceted - food injustice, lack of housing, inflation, racism, ableism, and gender-based discrimination all deeply impact our community members.

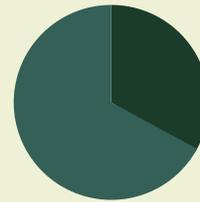
To echo the Ontario Human Rights Commission: living free from poverty is a human right.

The Stop's Community



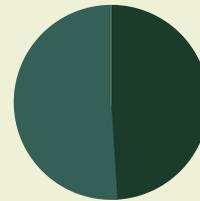
62%

Of our service users spend more than half their income on housing



67%

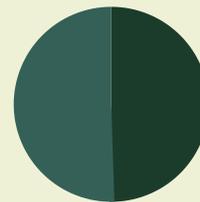
Of our service users are on social assistance, 52% of those on ODSP



50%

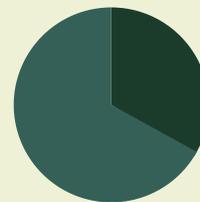
Of our service users access our services at least weekly

People in Canada



50.5%

of households using food banks are on social assistance supports



33.3%

of people using food banks are children, while comprising only 19.1% of the population



We need our leaders to come up with thoughtful, workable plans that aim to ensure people have an adequate standard of living, including secure and sufficient income and a decent home. These are fundamental human rights, and the government's plans must be grounded in human rights. This means putting people at the centre of decision-making, prioritizing the people who are most in need, and ensuring that people can participate in the decisions that affect their lives. It means transparently setting targets and measuring progress and putting mechanisms in place to hold themselves accountable. It means putting all available resources behind a plan so that it can do more than make people slightly less poor than they were before.

Alan Broadbent, Elizabeth Mclsaac, *Wanted, Government with a workable plan*



Impact of Inflation on The Stop and our Community

Stuck between a rock and a hard place

In the past few months, The Stop has confronted the compounding impacts of increased demand alongside inflation:

1. More community members accessing our services due to the skyrocketing cost of essentials
2. The cost of food supplies has made it more expensive for us to deliver our programs and maintain our reach.
3. Our staff costs have also increased in line with the heightened need for our services.
4. We have experienced a sharp decline in donations under \$1,000, as our donors are also hit by inflation.

Key Stats

- We buy as many items as we can in bulk and locally to access cheaper prices for high-quality products. We compared the costs of various items we use in our drop-in between 2019 and 2022. Many items have drastically increased in price mostly from 20% to over 150%. From 2019 to today, romaine lettuce has increased by 160%, canola oil by 147%, onions by 55%, and dry chickpeas by 42%
- In just this past year, the cost of The Stop providing a single food bank hamper increased by 20%, from \$44 to \$53

☰ TORONTO STAR

Canada's inflation falls to 6.9% in September as food soars to 41-year high

☰ DH

VENTURE

TECH

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CANADA

MONEY

Food inflation spikes to 11.4% at fastest pace in over 40 years

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Food keeps getting more expensive even as overall inflation slows

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👤

Groceries are too expensive – here's who's paying the price

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CANADA

Food banks grappling with rising demand, inflation ahead of Thanksgiving

Emergency Food Access

What we eat, and how we eat it, has a powerful impact on our sense of self. Food is at the heart of all of our work at The Stop. We provide opportunities for people to share a meal, enjoy a taste of home, and foster their sense of community.

We provide take-away meals, food hampers, healthy food boxes, discounted produce, food vouchers, gift cards, baby formula, and more.

Key Stats

This year so far:

- Served 7,281 emergency food hampers between Jan - Aug 2022
- Served 58,476 meals so far in 2022
- 781 meal kits distributed in 2022
- 40% of food purchased for our drop-in meals are from local producers and farms



Our Food Bank

Our food bank operates twice per week with a takeaway hamper service. Each hamper provides families with enough food for one week, and is packed with fresh produce, grains, dairy, eggs, and other protein sources.

The service has experienced escalating demand due to inflated food costs, an influx of newcomers, and insufficient wages and social assistance rates. COVID-allowing, we will welcome community members back for indoor food bank service in early November.

Key Stats

- We served 10,383 emergency food hampers between September 2021 and August 2022, approximately 865 hampers per month.
- This fiscal year, we've seen a 10% increase in total visits and a 17% increase in the total number of people served, compared to the year before.
- 72% of our produce was sourced locally, with an average of 12 items of produce available on each food bank day
- 5,000 volunteer hours in support of the food bank

21%

Of the 23,668 people served through the foodbank, children represent 21%.

40%

of newly registered food bank service users commute from outside our catchment area





Drop In Meals

Our drop in meals have been a huge support for many during the pandemic. As food prices continue to spike, we continue to see a relentless need for healthy, fresh food in our community.



For the past two years, we've been packaging our takeaway meals in to-go containers. As of September 2022, we are finally able to welcome our community members back into our safe and dignified space for meals together.



"The Stop is one of the few places where we have a choice. It's one of the only places where we're treated nicely."

Key Stats

- From Jan - Sept 2022 we served 58,476 meals, in line with the demand we experienced last year. In total in 2021, we served almost 80,000 meals, we expect this year to be similar or higher numbers.
- 40% of food is purchased from local producers and farms
- From 2019 to today, romaine lettuce has increased 160%, canola oil 147%, onions 55%, dry chickpeas 42%, milk 37%, bananas 28%



Good Food Market and Cafe



The Good Food Market and Café (GFM) generate sustainable access to healthy foods in underserved neighborhoods. The GFM offers high-quality, culturally appropriate, affordable produce. Our Café offers healthy prepared foods at an affordable price. Our chef makes freshly baked sourdough bread, baked goods, and healthy prepared foods such as soups, stews and sauces.

Key Stats

- We're seeing an increase in new customers since we started hosting the market on the front sidewalk of Davenport.
- Local, organic produce is selling very well!
- 50%+ of all produce and prepared food is made with local ingredients.
- We spend approximately \$150 per week on produce from our farmer's market.
- 20 different cookies on rotation, including tahini rye, spelt chocolate chop, pumpkin white chocolate, and Indian butter spice!
- Made well over 1,200 hand pies, and sell about 100 per week. Fan favourites include jerk chicken, Nigerian beef, and veggie.
- Received 656 volunteer vouchers, for a total of \$2,166 from Sept. 2021 - Aug. 2022



I feel like The Stop saved me because of all the services it provided.



Community Building

Community members often first walk through our doors for a meal or a food hamper and then engage with our other programs. We can help them with perinatal supports, their taxes, getting ID, and refer them to other services that may be helpful for them.

We provide a holistic range of programs that connect community members with what they need where they are at, from basic meals to a stable network. We aim to empower our community members and build responsibility and care for one another.

Key Stats

- Hundreds attended our free Good Food For All Festival, celebrating our community and programs
- Planned 3 free events; bringing neighbours together to discuss local elections and other policy issues.
- 87% of our volunteers strongly agree/agree their volunteer work makes them feel connected to their community.
- Hosted open houses in our 2 community gardens, Earls court and Mashkikii;aki'ing, bringing hundreds together to celebrate the bounty of the gardens



Community Advocacy Program

Our Community Advocacy Program (CAP) empowers people to challenge chronic income and food insecurity by building stronger community support networks, raising political consciousness, and taking direct action. The Community Advocacy Office is a peer-run project where trained advocates (who are also community members) provide information, referrals, and general assistance to fellow community members. All services are strictly confidential.

Key Stats

- Ran three advocacy-related community events:
 - Pizza with the Politicians
 - My Davenport, My Voice
 - The Good Food For All Festival
- Made 326 referrals to other services and programs from January - August 2022.
- Trained 10 advocates and 2 mentors in peer-support



Free Income Tax Clinic

March and April 2022:

- # community members served: 207
- # tax returns processed: 199
- # of tax preparer volunteers engaged: 7
- Average income of CMs: \$17,093
- Total amount of returns: \$238,389

"I was able to connect a low-income senior with legal services in advanced of his eviction hearing. A challenging situation because he did not speak English fluently (I used the free MCIS interpretation services) and did not have a phone"



Healthy Beginnings

Healthy Beginnings is a weekly drop-in program for new and expectant parents. The participants are on a low income and often experience a combination of challenging life circumstances such as single parenting, poor housing, mental health issues, marginalization, recent immigration, and language barriers.



"The Stop has improved my life by being able to support both me and my family with resources that help us to find economic stability and mental health."



Key Stats

From Jan - Aug 2022 we've:

- Provided 2,604 grocery gift cards, a total \$26,040
- Seen 25 healthy babies born
- Distributed 859 healthy food hampers
- Raised awareness through The Toronto Star with our op-ed *Moms are not OK* and through a monthly radio show *Ahora Canada/GoLive*.
- Communicated with over 150 moms through our WhatsApp group and our monthly e-newsletter



"The Stop makes me feel good; I can trust they can help me to get solutions when I have any family concerns."

Community Kitchens

Our Community Kitchens program brings people together to learn, cook, and share nutritious, culturally-diverse, and inexpensive meals. We offer a range of cooking groups, all designed to build food skills, reduce social isolation, and increase access to healthy food.

Since the onset of the pandemic, the program has been distributing meal kits with instructions so families can safely participate in the program from home. When they pick up their kits, participants are able to connect with our staff which offers an important regular touchpoint, especially for individuals experiencing social isolation.

Key Stats

- 781 meal kits distributed in 2022
- 4,369 meals served
- 75% of participants involved in the Spring 2022 season have been committed to the program since the pilot session that took place in February 2021.



"I love to cook all that the Meal Kits offer. I like different tastes and how much the recipes co-mingle! Even the appearance of these dishes is definitely appetizing! People of all ages can enjoy this! Thank you for giving us these ingredients to cook something that will definitely Wow!"



Volunteer Program

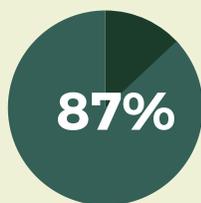
Volunteers play a vital role in every aspect of our work. Many of our volunteers have experience with issues facing our community, such as unemployment, poverty, and homelessness. This creates a unique sense of community in a non-judgmental and empathetic environment.



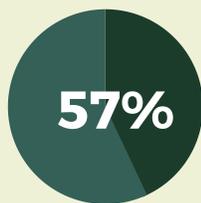
"I've really enjoyed my time volunteering with The Stop. The staff are wonderful and inspiring to me."

Key Stats

- 10,175 Volunteer hours from Jan - Sept 2022
- 275 Volunteers back in our space compared to 70 during the pandemic!
- 94 volunteers (34%) are part of an equity-seeking group.
- 87% feel their volunteer work is an important part of their social life.
- 99% believe their volunteer work has made a difference in the community.



strongly agree/agree their volunteer work makes them feel connected to their community.



57% of our volunteers are over 55 years old.

Volunteers G.F.F.A.

Welcome Waqon# 1: Rosalee/Anne
 Welcome Waqon# 2: Nuclea/Hele

BBQ Corn: Jane B./Monica
 Nachos: Elena/Honey/Vicente
 Hot Dogs: Maria L./raliya/Brennan
 Chicken Shawarma: Donna/Ryan

Family Fun: Tran/Tonia/Laurie
 Most Kitching: Mariad./Tresse/
 (Carmack) Matthew

Runners: John/Bj/Pidr/Ben
 Floaters: Alisa
 w.R.escort

Emotional Wellness

Many of our community members are dealing with social isolation and lack of connection to their community.

We've been able to keep our Emotional Wellness and Peer Support program going even if it was from a distance by distributing activity packages and personal care items.

Now that our program is back in person, we're hosting an art therapy table 2x a week. We're also a separate, small support group 1 x a week. Here our community members can talk about lighter topics to much heavier topics like grief, abuse and losing friends and family.

Findings

- Many seniors are attending our program, most dealing with precarious housing.
- Participants are gaining confidence, feeling comfortable, and building relationships with our staff.
- Those who visit the program often stay for lunch and find joy in The Stop's cooking. "The food was so good today!"



EMOTIONAL WELLNESS PEER SUPPORT Fall Support Group Sessions in the

in Sharon & Reva on four Tuesdays in September
informal support group in the Blue Room. We
workshops on wellness and what recovery looks like
learn about resources you can use & enjoy some

Please register as spaces are limited
Contact Sharon at 416-652-7867 ext. 202
Or by email at sharon@thestop.org



3,349

Total care packages distributed Jan - Aug 2022

4,340

Zines distributed Jan - Aug 2022
Zines include social services and self care tips and information

23

Average number of community members visiting our art therapy table.

Cross Pollination

This growing season we continued our pilot cross-pollination program, where we hosted families from our Community Kitchens and Healthy Beginning programs at the Green Barn, our Urban Agriculture hub. Both programs were enriched by learning about growing your own food at home, nutrition workshops, connecting with the land, and enjoying a meal together

Key Stats

- 24 adult participants and 23 children
- Six Urban Agriculture workshops delivered and six nutrition workshops delivered by our partner Davenport Perth Neighbourhood and Community Health Centre
- 324 meals served





the stop TIPS AND RESOURCES ON HOW TO FIND HOUSING

STRATEGIES FOR FINDING HOUSING

Have realistic expectations
 Have a budget (how much of your income do you want to spend on rent? How many months do you have to save up for?)

BEFORE YOU DECIDE
 Decide on your location: e.g., the city center, the suburbs, etc.
 Consider a shared apartment (consider a shared apartment, they are the cheapest option)
 Consider shared accommodations (consider a shared apartment, they are the cheapest option)
 Consider sharing living with one or more persons can bring down your personal rent by sharing the total rent payment between you and others.

START YOUR HOUSING ADVOCACY

Look in community language newspapers (e.g., El País, El Comercio, El Comercio da Manhã, etc.)
 Take a walk in your neighborhood and you like and look for signs in places like laundromats, churches, culturally specific grocery stores etc.
 Network: tell everyone you know that you are looking for housing. If you have a cell phone you can ask people to take photos of any 'for rent' signs they see.

I definitely needed help and The Stop has been there for me emotionally with all the friends I have made, physically because I received healthy food choices, financially because I became an advocate, and even mentally because I have learned so much from the classes and from The Stop client members and the people I work with.



Urban Agriculture



The Stop's Urban Agriculture programs are a core component of our community food centre model. Growing plants, spending time with others in a safe and supportive environment, being active outdoors and bringing home healthy produce harvested from the garden can contribute to reducing social isolation and positive health outcomes.

The Stop's Green Barn at 601 Christie St. is a unique urban agriculture hub. It offers a greenhouse, a bake oven, a compost demonstration centre, and our year-round Farmers' Market. We also have two community gardens nearby: Mashkikii;aki'ing and Earls court. This summer we welcomed a compost specialist to the Urban Agriculture team. They made the process more efficient and we're now able to produce a higher volume of compost.

Key Stats

- Installed raised beds in the sheltered garden, and yielded 73 kg of produce just in the sheltered garden and greenhouse alone
- Delivered three educational workshops on composting
- Had hundreds of community members attend our cross-pollination and open house initiatives

Mashkikii;aki'ing Garden

We partner with Na Me Res (Native Men's Residence) to animate the garden at Hillcrest Park: the Mashkikii;aki'ing (Medicine Earth) Medicine Wheel Garden. The program runs twice a week and participants work in the gardens, enjoy meal and share cultural traditions. Our garden harvest is given to Na Me Res and used in their meals.

This summer, we welcomed our neighbours to the Mashkikii;aki'ing Garden Open House, where everyone could enjoy the gardens and barbeque lunch, as well as a traditional drum circle.

The Where the Baker Sleeps x Sagatay program continued at our Farmers' Market, which provides paid work opportunities and training (baking and customer service) for Na Me Res' Sagatay program participants, as well as fostering relationships within the community.



Earlscourt Garden



"If you were to ask me what one thing I love about the Earlscourt Garden in particular, it's the opportunity to interact with and learn about best practices and plant properties from our wonderful band of volunteers who come from different parts of the world, from Turkey to Mexico, from China to Indigenous South America."

This summer, the garden benefitted from capital improvements such as a new water source, the installation of four market rows to allow for more efficient growing, an upgraded compost system, and 35 square feet of new pollinator plants.

Earlscourt volunteers have created a community recipe book that showcases their contributions and their connections to food, culture, and home, with beautiful photos of a joyful season together in the garden. By the end of October, the book will be completed, printed, and gifted to the 22 volunteers as a thank you gift.

Key Stats

- 237.02 kg of food has been harvested and donated to our volunteers and kitchen as of October 2022
- 206 unique participants have contributed their time to the garden or attended the space outside of our regular volunteer program as of Oct 2022
- Around 170 community members attended our Earlscourt Open House community event

Farmers' Market



With restrictions in place and a COVID wave, we saw fewer patrons through the winter. However, when we returned outside and restrictions eased, our numbers climbed and we returned to a pre-pandemic level of visits, approximately 2700-3000 customers per week.

We continued our Microgreens program, which employs community members who grow and sell microgreens at the market. We also partnered with Black Entrepreneurship Alliance's Product Feasibility Bootcamp, a 10-week program that supports new Black entrepreneurs to develop business skills, and we featured local artists through our partnership with Artscape.

This year we also launched Farmers' Market Bucks, where volunteers have the choice of redeeming credit at the Farmers' Market or at our Good Food Market as recognition of their time.

Key Stats

- 50 vendors in total
- 40% female-owned businesses
- 18 volunteers, 780 hours and one volunteer with 9 years of experience volunteering at The Stop!
- 14 vendors are BIPOC

Global Roots

The Global Roots Program is a multicultural, intergenerational community food garden. It is located at The Stop's Green Barn and run in partnership with CultureLink Settlement Services.

Our Garden plots are representative of the cultural makeup of our neighbourhood participants: Chinese, Italian, Philippino, Latino, Polish, South Asian, Tibetan, and Vietnamese.

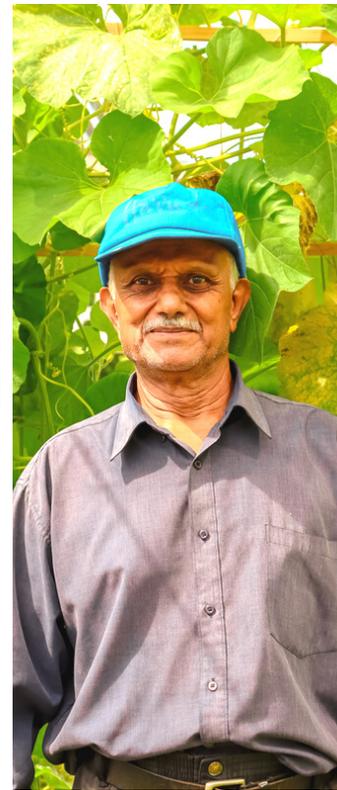
Participants visit the garden weekly and many exchange knowledge with their peers, as well as our Urban Agriculture staff! They enjoy building connections and passing on their cultural traditions. Participants take the harvest home with them. This summer, program highlights included a pizza party at our bake oven and a potluck to celebrate the end of the season!

In September, we installed QR codes in the garden which linked visitors to a virtual tour. We look forward to connecting with next summer's participants!

Key Stats

- 44 registered participants, with an average of 20 per week
- 578 engagement hours recorded
- Harvested 579 kg of produce





I love working at The Stop so much that I can't wait to get up at night just to come to my shift. Every day I am learning so much at The Stop! The Stop has definitely been such an eye opener.



Thank you to our dedicated volunteers



Apeksha Agarwal
Carol Aikenhead
Rima Akl
Abdelghani Aouita
Josephine Armstrong
Miriam Arteaga
James Atin-Godden
John Bagnall
Sumayah Baker
Miranda Bavdaz
Irina Belousova
Sandra Bertoia
Susan Bliley
Lara Bryant
Fabian Burford
Janet Burke
John Bush
Linda Buskin
Jake Byrne
Rocio Cadena
Paul Carney
Erin Carroll
Joel Cartagena
Suzanne Carte
Valentina Castellini
Federica Cecchini
Bruno Cerqueira
Daphne Chambers
Azali Charles
Enrique Chavez
Rivas Kalen Chen
Sally Cho
Carrie Clark
Kristian Clarke
Rhonda B Cohen
Grace Cover
Jane Cowan
David Cronsilver
Julia Culpeper
Sharon Currie
Akiko Date
Robin Dawson
Carla De Sousa
Irene De Sousa
Zhangwanlin Deng
Caleb Desalines
Maria Fernanda Diaz Gutierrez
Patrick Dolan
Maria Dos Santos
Ann Dugan
Rosa Duran
Joanna Ebbutt
Brad Edelson
Rosalee Edwards
Michael Ellis
Shaheen Fa Mughal
Lolita Fernandez
Isa Ferreira
Teresa Ferrera
Arminda Filipe
Josh Fogel
Hyacinth Francis
Juliet Francis
Ross Freeman
Gwen Friedman
Ran (Raina) Gao

Thank you to our dedicated volunteers

Lauren Genz
Indira Gobin
Angela Goldman
Jewel Gomes
Angelica Gonzalez
Poonam Goyal
Piotr Grzywacz
Maricarmen Guillen Anchelia
Lana Hafez
Laurie Harada
Ivan Paul Haramustek
Kevin Hareguy
Richard Haubrich
Michelle Hayward
Diana Hernandez
Wendy Hernick
Maria Hersht
Kim Hoang Tran
Donna Holmes
Toby Houle
Sandra Hryhor
Rosario (Ross) Ieracitano
Niloofer Irani
Sandra Jimenez
Dave Johansen
Louise Johnson
Stephanie Johnson
Marge Jones
Deborah Kanga
Nuala Kelly
Justine Keyserlingk
Bohfinai Konate
Laya Lakkaraju

Mike Lapenna
Maria Larizza
Madeleine Lavallee-Gordon
Margaret Laycock
Yves Le Goff
Chris LeBer
Lorraine Lecount
Jaehyun Lee
Liet Lee Lopez
Andrea Legarde
Ron Leitold
Leila Lessem
Amy Leung
Natan Levi
Andy Lim
Carolyn Lim
Hui Yan Liu
Josephine Liu
Michelle Liu
Linda Lohmus
Beth Long
Lynn Lowes
Laura Lozada
Sanyo Lue-Kim
Michael MacDonald
Lorrie Macleod
Judy MacPherson
Shayan Malik
William Marciales
Nikelle Marier
Elissa Marks
Carmen Martinez
Paul Matyas



Thank you to our dedicated volunteers

Cameron Maveal
Michael McKibbon
Emily McNamee
Jessica McQuoid
Ana Medina
Christine Mehling
Natasha Meissner
Mary Michaelides
Lindsay Moeser
Christelle Money Penny
Ellen Moody
Fernando Morales
Sandra Moretti
Barbara Naluwoza
Anisha Neron
Carole Neron
Christine Newman
Tran Nguyen
Honey Novick
Adam Nowaczynski
Emilie O'Neill
Luz Ortiz
Victoria Paris
Carolyn Passarelli
Kent Pawziuk
Eti Pazos
Mical Pearlman
Marcia Peralta
Shizuka Perry
Fiona Pi

Elizabeth Pietrodangelo
Jamieleen Pingol
Lindy Pinto
Tehmina Pocha
Jessica Poole
Sarah Powell
Ice (Chen Xue) Qing
Rhonda Rankine
Hali Rapkowski
Patricia Reid
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