

# Community Group Profiles

## Sew on Fire to Make a Difference

The Sew on Fire (SOF) distribution centre is always bursting with activity as volunteers driven by a desire to make a difference, busily work away at their stations.

Some say you have to see it to believe it. There are at least 10 work centers that act like an assembly line to keep this 6,000 square foot warehouse organized and ready to deliver. Volunteers come from all over southern Ontario to the Burlington centre dedicating more than 1,000 volunteer hours a month to help sort and organize supplies and donations, cut patterns and sew clothing, bags, pads and diapers and pack bags to be shipped.

Run 100 per cent by volunteers, SOF is a Canadian Registered Charity that hand delivers over 20,000 gift bags each year. Since February 2000, the grass roots charity has sent bags to more than 90 countries. Community clubs, service groups, churches and even local businesses support the organization and its goal of making a difference in the community and the world one bag at a time.

SOF partners with other Canadian Registered Charities help to distribute humanitarian aid including books, blankets, bikes, shoes and

clothing to those in need not just abroad but at home as well. Hundreds of back-to-school bags are prepared locally for low-income families, refugee families, homeless and single mothers. Since its inception, SOF has worked in more than 32 Canadian cities from Vancouver, BC to Fort Albany First Nations, ON, to Nain, NL.

The charity's most recent project sent 400 diaper bags to a newly constructed birthing centre in Iqaluit, NU. These diaper bags were filled with 6 outfits, diapers, blankets, baby shoes, shampoo, soap and a number of other items. SOF's partner George Woodward of True North Aid states that, "We discovered that 400 moms and their new born infants were being sent back to their isolated communities with very little to care for their babies. In partnership with Sew on Fire, True North Aid is privileged to be able to meet the needs of new moms and their babies in the Northern Territory of Nunavut."

Currently SOF is gathering at least 1,000 new and used back packs to be filled with school supplies, personal hygiene items,

clothing, books and shoes to be distributed to children in Jamaica. These bags will give them the opportunity to go to school, receive an education and improve their chances at a better life.

We have affected our community by providing people the opportunity to get involved; by helping students earn volunteer hours; by encouraging seniors to knit and feel included; by providing year round support to mission teams; and by giving families and groups a place to serve. Everyone who enters the SOF centre leaves with an enriched view of the world and an increased feeling of responsibility towards helping those less fortunate.

You are invited to drop in to see our operation and join with us because we are "sew on fire" to make a difference here in Canada and around the world. For more information go to [www.sewonfire.com](http://www.sewonfire.com).



Mike with "Sew on Fire" volunteers