

# Food For Thought

Medicine Hat & District Food Bank Quarterly Newsletter  
Summer 2010



## Executive Director's Message

It has been crazy busy around the food bank these days. We keep thinking it will slow down but so far it's just not happening. We want to send out a note of appreciation to all of our friends and supporters. We hope you all have a great summer full of sun and fun. –Connie Matson

## Special thanks go to:

- CBI Physiotherapy and Rehabilitation
- Purolator
- Saddles and Spurs
- Crestwood School Junior Achievement Club bag drop
- River Heights School
- RBC Dominion Securities Sunshine Benefit at Desert Blume
- Our incredible volunteers

## Calendar of Events

### Upcoming/Ongoing

**Phones for Food** – we are always collecting old cell phones, working or otherwise. They can be dropped off here at our office or at Rogers or Fido at the mall.

**Quilt Raffle** – Tickets will be sold July 3 at the Medicine Hat Mall; July 10 at the Co-op Mall; July 17 at Wal-mart, and July 24<sup>th</sup> at the downtown Chili Cook off. At the end of the day at the chili cook off the draw will be made.

## Recipes of the Month

We had our summer volunteer appreciation picnic and had so many yummy salads, we decided to include several of the recipes.

### Macaroni Salad – Alberta McKelvey

1 (12 oz) pkg seashell macaroni  
2 ripe tomatoes  
½ cup each of chopped green onions, chopped green pepper, chopped cucumber and chopped celery

#### Dressing:

2/3 cup sugar  
1/3 cup ketchup  
1 tsp salt  
½ cup oil  
¼ cup vinegar  
1 tsp paprika

Dressing can be made a day ahead. Cook macaroni then pour cold water over it and cool well. Mix all ingredients.

### Greek Salad – Pat Rogge

Cut in bite size 1 cucumber, 1 tomato, 2 peppers (any color) 1 small red onion  
1 jar black olives  
Feta cheese crumbled or cut in small pieces  
1 bottle Greek Salad dressing (or see recipe below)  
2 garlic cloves minced  
1/8 teaspoon oregano  
Place all in bowl and pour dressing over it

If you want to make your own dressing

½ cup cooking oil  
¼ cup red wine vinegar  
¼ cup parsley  
1/8 teaspoon of each: salt, pepper & oregano  
1 garlic clove minced

#### Shake well

**Cubed cream cheese can be substituted for the feta for a different taste.**

## Meet our Volunteers

**Marlene Weisschadel** was born in Fox Valley, Saskatchewan. She moved to Medicine Hat when she was 3 years old. She attended school at Alexandra Jr. High. She had four sisters and one brother. Her mother died when she was young and she spent many selfless years taking care of her dad. She has worked until her retirement in 2005 in the cleaning industry. She is lucky to live next to her one living sister. Her hobbies are the Food Bank, reading (mystery books are her favourite), doing crossword puzzles, and walking. Her favourite food is pasta and she likes dogs.

Marlene works mainly in the office doing photocopying, cutting, sorting, stapling and all sorts of office bits and pieces. She is our right hand gal downstairs. Thanks Marlene for all you do to make the food bank run more smoothly.



**What do you get if you divide the circumference of a pumpkin by its diameter?**

**Pumpkin pi**

# Arivaderchi

**We are sad to announce that Dieter Dyck, our warehouse go-to guy has decided the time is right for him to move on. It looks like further schooling is in his plans. Good luck in all you do in the future Dieter, you will be greatly missed.**



In our last newsletter we introduced you to a new volunteer, **Brent Binnie**. Brent is taking up the challenge of the warehouse from Dieter and will be working for the Food Bank full time.

**Now we would like to introduce you to our new staff member.**



**Welcome aboard Brent.**