

Medicine Hat and District Food Bank

Quarterly Newsletter

April 2009



Upcoming and Ongoing Events

Magic & Memories-Friday, June 26

Includes a dinner, a night of magic and a roast of Gerald Freedman. Gerald is a prominent businessman in our community and has sat on our board for many years. He is now serving as an advisor to the board. Tickets are \$100. per person. For tickets call our office 528-4313

Plant a Row Grow a Row – This is an ongoing summer program. When you plant your garden, plant a row to donate to the Food Bank. When you harvest bring that extra produce down to the food bank.

Garage Sale and Charity Barbeque –

Saturday, May 23 from 9:00 – 5:00. If you are doing your spring cleaning, box up those treasures that you no longer need or have room for and bring them down to the food bank prior to that Saturday. Dynamic Solutions will be serving hot dogs, hamburgers, chips and a drink for \$5.00 from 11:30 a.m. until 2:00 p.m.

Spectrum is going to be an adventure this year. June 5th, 6th and 7th. Keep your eyes and ears open for further info.

Executive Director's Report

by Connie Matson

Based on the past six months, the economy has been at the top of our minds for everyone, no matter what our situations. The Food Bank has experienced a dramatic increase in demand that started in November of last year. Looking ahead, to be honest, we don't know what will happen but our actions will be based on prudent planning and effective management of resources by volunteers and staff. We have consistently remained optimistic and true to the mission of providing quality emergency food to those in need when similar uncertainties have affected our community. This does not mean we will not try to anticipate future changes as this time could very well be unique in giving us the opportunity to learn how we can be better prepared in the future for the unknown. We will continue watching and reporting so our community is involved every step of the way. Our long term strategy is to be available to those in need by supporting our community and its families with a hand up. With the generous support of our community we will continue to do what we do best: distribute food.

THANK YOU Medicine Hat

What a way to wrap up the year! The countless people that supported and coordinated food drives for the Food Bank during the holiday season really made December a month of gratitude. Thanks to the generosity and cooperation of Medicine Hat residents, corporations, grocery stores, schools and community groups, those in need during the very cold month were given hope, food for their families and a genuine hand up. Thanks to CHAT for their GREAT Food Drive (48,577 lbs) donations, we were able to continue feeding those in need from November through to the present time.

"The biggest things for us is that we treat people with dignity when they come (in) and that we understand that when someone shows up it has taken a lot to bring them to the point where they realize they need the food bank."

What's been happening...

This is a happening place. Check out all the things that have been going on here at the food bank.

Loblaws (Superstore) ran a fund raiser from March 19 through April 3 where shoppers could donate \$\$ at the till or drop off nonperishable food. This fundraiser raised \$5183 and 1656 lb of food. We came in second in all of Canada. Thanks to Superstore for their excitement and commitment to community.

Several groups from Scouts Canada ran a food drive for us again this year. They brought in 1078 pounds of food.

Payton Dagenhardt is a student at St. Patrick's Elementary school. He saw an article in the paper about a young man having his friends and the community give to the food bank instead of giving him birthday presents. Payton joined with him and challenged the schools in Medicine Hat to donate food. The total amount was approximately 1400 pounds

The Snack Attack is going strong. There are 24 schools involved.

Renovations are finally finished and we had our Grand Opening on March 5th. Many thanks to Terry Bartman Construction for coordinating all of the companies and for getting us the very best price for everything. Thanks also to all of the companies for their cooperation and generosity. We are excited to come to work in our newly renovated and clean and spiffy building

"Happiness cannot come from without. It must come from within. It is not what we see and touch or that which others do for us which makes us happy; it is that which we think and feel and do, first for the other fellow and then for ourselves.

Helen Keller

We have several new staff members since our last newsletter. We welcome Linda Trautman as our new Director of Intake and Carol Pierson as our new accountant.



Linda grew up on a farm outside of Edmonton. She came to Medicine Hat 1 and ½ years ago and has been working at the Food Bank since October 2008. She moved south for our great climate. She was tired of snow and cold and more snow and cold. Her hobbies are reading, gardening and traveling. She has two cats that she adores and spoils. We're lucky to have Linda on our staff.



Carol also joined us in October 2008. She is new to Medicine Hat from Calgary and is enjoying the slower pace of life. She and her husband enjoy country living with their 5 children. As a CMA she is working part time for the Food Bank and the balance of her time is juggling kids. She loves water sports, volleyball. She is a Cub leader with Scouts Canada and active in her church. She is impressed with the number of volunteers we have and with the donations that we receive. "It's always fun to come in and work with the staff." Welcome Carol!

March 2009 – Dieter Dyck

Dieter was recipient to the CHAT's

Here's To You Award

for the great job he has done in organizing the warehouse and for all of his volunteer hours that he puts in for the less fortunate here in the Hat. Dieter has dedicated his Saturday morning throughout the summer to pick up perishable items from the Farmer's Market. This starts in May and ends in September. He is also ready and willing to work evening and weekends to help with small food drives that are organized across the city. HATS OFF TO You!!!

April 2009 – Howard McKelvey

Howard was recipient to the CHAT's

Here's To You Award

for the countless hours that he volunteers at the Food Bank. He comes in every morning from 8 to 11 a.m. and drives our cube van. He goes to most of the grocery stores in the city and gleans food for the less fortunate here in the Hat. He is a very valuable asset to the food bank and we can't thank him enough for the great job that he does. He is always available to help out when we have extra deliveries such as our new Snack Attack Program. Thanks Howard!

APRIL 19 – 25TH IS VOLUNTEER WEEK.

WE COULD NEVER THANK OUR VOLUNTEERS ENOUGH FOR ALL THAT THEY ARE AND ALL THAT THEY DO BUT WE CAN TRY!

THANK YOU!

THE BOARD OF DIRECTORS

It was still early, the mist had not yet cleared from the sea. In the distance a solitary figure stood throwing objects out over the water. Walking along the debris-strewn beach, I looked at the masses of starfish scattered everywhere. The tide had thrown them in, stranding them on the beach. As the sun rose higher, they would perish. Approaching the stranger, I could see that it was the starfish he was picking up and returning to the sea. Our eyes met. "Do you really think you can help? There are millions of starfish on this beach. You can help so few. Does it really make a difference? Does it matter?"

He reached down and picked up another starfish, looking at it intently.

"Oh yes," he replied. "It matters to this one." *I know we can't cure the world of hunger all at once but maybe what we do today will matter to one.*



Sincerely Thanks

All Donors, Volunteers and Staff

for their commitment to help those in our Community who are in need of emergency food assistance.

TOGETHER WE ARE STRONGER!