

# Medicine Hat and District Food Bank (1992) Association

## Annual Report 2009



[www.mhfoodbank.com](http://www.mhfoodbank.com)



## Medicine Hat Food Bank Supports . . . . .

In addition to handing out food hampers and having accessibility to our choice room we also support several other community non-profit organizations including:

### **Purpose**

The purpose of the Medicine Hat and District Food Bank (1992) Association is to address food insecurity by distributing food, free of charge, to those deemed in need of temporary assistance in the City of Medicine Hat and the County of Cypress.

### **Mission**

The Medicine Hat and District Food Bank (1992) Association believes that hunger exists in the community and that the community has a responsibility to address this food insecurity in a manner ensuring availability, accessibility and adequacy of food.

### **Contact Us**

Executive Director: Connie Matson  
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Warehouse Manager: Dieter Dyck  
Phone: 403-878-9758

- ❖ Phoenix Safe House
- ❖ Musasa
- ❖ Volunteer Centre
- ❖ REDI Enterprises
- ❖ Salvation Army
- ❖ Mission of Grace
- ❖ Dream Centre
- ❖ Bridges Family Program
- ❖ Champion Centre
- ❖ Medicine Hat Family YMCA
- ❖ HALT Program at Medicine Hat High School
- ❖ School Snack Attack Program
- ❖ My Place Program at Crescent Heights School
- ❖ Snack Program at Georges P. Vanier
- ❖ Miywasin Society
- ❖ McMan Inn Between Youth Shelter
- ❖ Veiner Centre
- ❖ Core Association
- ❖ Community Food Connection
- ❖ Saamis Immigration
- ❖ CAN – Crisis Assistance Network
- ❖ Palliser Health Region
- ❖ Medicine Hat School District #76
- ❖ Prairie Rose School District
- ❖ Medicine Hat Catholic School District
- ❖ HIV Center
- ❖ Good Food Box
- ❖ Santa Claus Fund
- ❖ Early Intervention Program
- ❖ Winter's Inn
- ❖ Best Babies

## Message from the Chair of the Board

I would like to welcome everyone to the Annual General Meeting of the Medicine Hat and District Food Bank (1992) Association. Annual General Meetings have not always been possible for the Medicine Hat and District Food Bank but we are happy to say that they are now a regular component of the operations of the Food Bank, so each of you are especially appreciated.



Over the last year there has been reorganization of the staff in the Food Bank. We are very pleased to have Connie Matson as the Executive Director. Under Connie's leadership the Medicine Hat and District Food Bank has improved greatly in community relations. Connie has also undertaken the renovation of the old facility and turned the building into a welcoming site. Cleanliness and order have become the standard of the Food Bank. Connie has also ensured that a number of new and worthwhile programs have been added. Thank you, Connie for your hard work in these areas. The Board is most appreciative of your dedication and drive.

The staff of the Medicine Hat and District Food Bank is made up of exceptional individuals who happily do a wonderful job to make a difference in our community. Each one of you makes the Food Bank a welcoming place with a hand up to our clients rather than a hand out. You do your jobs well and we all appreciate your caring and attention to detail. We can not thank you enough.

Without the volunteers at the Food Bank, we would have an extremely difficult time getting the work done to complete our mission of meeting the responsibility to address food insecurity in a manner ensuring availability, accessibility and adequacy of food. To all our many volunteers we extend a heart felt "Thank you." You are helping to make a big difference in the lives of so many people in our community. Your assistance, each and every one of you, makes the Food Bank viable. There are not enough words to thank you for your outstanding contribution to our clients.

Over the last couple of years our Board has grown in size and effort to make a difference in providing food security in our community. To my colleagues on the Board, thank you for giving freely of your time, skills and energy. The current Board is very knowledgeable, caring and dedicated to making food security possible in Medicine Hat and District.

The Board along with third party fund raisers and contributing community members raise funds in a variety of ways to keep the operations of the Food Bank moving along. Our community supporters are very important to us. We thank each of you for your donations no matter how small or how large. Every dollar counts in making food security a reality. Our third party supporters are important as well. We greatly appreciate the help of third party supporters in making more funds available for operations. Board member work in committees contributes to the operations and funding of the Food Bank as well. To our Board, thank you for being there to care about food security. Fund raising is a large part of the work done by the Food Bank.

Our wish would be that a Food Bank was not needed. In an ideal society that would be the case. However, we do not live in an ideal society and we have people who need our help in creating food security. We are diligent about ensuring those people who really need our help get it. To that end we distribute food free of charge to those deemed in need of temporary assistance in the City of Medicine Hat and the County of Cypress. For all who help us--you serve your community well.

Sincerely,  
Linda Rossler  
Chair of the Board

## Medicine Hat and District Board of Directors August 2009

**Linda Rossler**



**Linda** has been an active member of the Medicine Hat and District Food Bank for four years. In that time she has served as a Director, the Vice-Chair and is currently serving as the Chair. Linda is employed with the Medicine Hat School District #76 and has served as their Superintendent of Schools. On August 31 of this year she will be officially retired.

**Steve Turner**



**Steve** has lived in Medicine Hat for 11 years now. He and his wife Sandra have one little boy, Eric, who just finished kindergarten this spring. Steve, Sandra and Steve's parents operate the Cornerstone Sobey's Grocery Store. When there's time he enjoys working on computers.

**Gerald Freedman**



**Gerald** was born and raised in Medicine Hat. He graduated from the U of C with an Economics Degree. He has been married to his wife Elaine for over 25 years. Gerald is retired from RBC Dominion Securities where he worked as an Investment Advisor. He has served on other community boards including The United Way, Crime Stoppers, The College Foundation and The College Booster Club.

**Richard VanOrman**



**Richard** worked as the Chief Financial Officer and Vice-President of Corporate Services for the Medicine Hat Regional Hospital and then the Palliser Health Region. After 27 years of service he has now stepped down from that position and is semi-retired. Richard is married to Karen and they have four children and five grandchildren. Richard loves to golf and to garden in his free time.

## Medicine Hat and District Board of Directors August 2009

**Cheryl Cant**



After her move to Medicine Hat from the Niagara region 28 years ago, **Cheryl** truly feels “home”. She graduated from the University of Guelph as a veterinarian and then completed an internship at the University of California at Davis. Once settled in Medicine Hat, she spent a year teaching at the college and then joined Valley Pet Hospital, first as an associate and then as a partner. The practice went through some changes last year which allowed Cheryl to continue the career that she loves with a bit of a decreased work load. Her previous Board experience is with the AMAC Swim Club, the Animal Care Committee at DND Suffield and the Council of the Alberta Veterinary Association. She likes to read and garden. She is married to Roger Moses and they have two grown sons and a Border Collie.

**Darlene Rosenau**



**Darlene** is married to Willie and they have 3 adult children; Dillon and Cheyenne. They moved to Medicine Hat from Calgary in 1985. Presently she works (though she doesn't really see it as work) as a Fitness Instructor, (yoga, pilates, and toning) at the Medicine Hat College, the Veiner Centre, the Redcliff Seniors and as well instruct at the Blue Butterfly Yoga Studio. Presently she is working in telecommunications with ACN promoting and providing videophones. Her volunteer experience includes 12 years with the Medicine Hat Kinette Club where she has served as President, Vice-President, Secretary and Registrar. She also volunteered as a Fitness Instructor with the YMCA for 5 years and has served 2 years on the Board of Directors at the YMCA.

**Rhonda Carlson**



**Rhonda** currently serves as the News Director of CHAT TV, CHAT 94.5 and MY96. She's also producer and news anchor for CHAT TV News and does the odd radio cast as well. She has three children; two are actively involved in hockey and one is a competitive gymnast. Rhonda also spends a whole lot of time at the Medicine Hat Arena since her husband, Willie Desjardins, coaches the Medicine Hat Tigers. She is originally from Saskatchewan, but has lived in many places, including Japan and Germany. Rhonda has been involved with the Health Foundation, the Redcliff Legion, the Medicine Hat Kinettes, the Alberta Summer Games Committee, the Canada Day Committee and the Canadian Cancer Society...

## Medicine Hat and District Board of Directors August 2009

**Candace MacDonald**



**Candace** was raised in Taber, Alberta where she graduated from St. Mary's High School. She received her post secondary education in Lethbridge and then moved to Medicine Hat in 2001. She married her husband in 2003 and currently works as an Insurance Broker at TSG Insurance where she has been employed for 5 years. Her hobbies are traveling, hiking reading and cooking.

**Dwaine Dietrich**



**Dwaine** moved to Medicine Hat from Maple Creek, SK to finish high school. He studied Television, Stage and Radio Arts at SAIT and then returned to Medicine Hat in 1983 to manage CHAT TV. In 1984 he became manager of CHAT AM. He was Vice-President and then President of Monarch Broadcasting for 8 years and has worked in broadcasting for a total of 39 years, here in the Hat, in Lethbridge and in Calgary. He retired in July of 2007. He is married to Pat, the Manager of Medicine Hat and area Home Care and they have 3 children. Besides his family, his main interests are his horses, his new pup and playing goal in the Masters Hockey League.

**Darlene Ford**



**Darlene** Ford, is the Executive Director of the Medicine Hat News Santa Claus Fund. She is also a partner in an event planning company "Dare2Dream Promotions". Darlene has volunteered as a director on a number of boards including the Women's Shelter, Cancer Society and is past president of the Medicine Hat Sunrise Rotary Club. Darlene has been happily married to Allan for 33 years. Together they have three sons and a treasured grandson! Her favorite quote is "All that we send into the lives of others comes back into our own!"

## Medicine Hat and District Board of Directors August 2009

### Les Pearson



Les Pearson completed 33 years as an educator at the secondary and post-secondary levels<sup>24</sup> of those as a secondary school administrator. His has a Master's degree in School Administration and Intercultural Education. Since his retirement from the education field, he has been the City of Medicine Hat's first Community Inclusion Coordinator and a project contractor for Persons with Developmental Disabilities (PDD). Most recently, he was the Project coordinator for a School to Work Transitions Project that successfully supported employment for a group of high school students, ages 18 to 21 who have a wide range of disabilities. His volunteer efforts include Co-Chairing the Crisis Assistance Network and acting as Vice-Chair of the Hospice Steering Committee. He is probably best known to residents as one of the founding members of the Medicine Hat Folk Music Club and as an "Almost Alderman" in the last municipal election.

## Medicine Hat Food Bank Staff



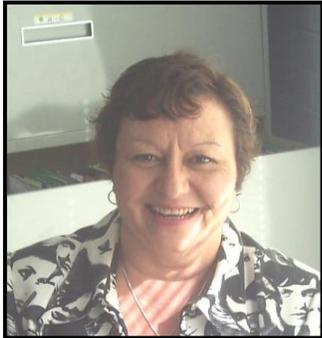
**Connie Matson,  
Executive Director**



**Maria Roberts  
Office Assistant**



**Dieter Dyck,  
Warehouse Manager**



**Linda Trautman  
Client Intake**



**Howard McKelvey,  
Full Time Volunteer**



**Carol Pierson,  
Accountant**

## Alberta Share

This is a fundraising opportunity for Food Banks that started back in 2002 in partnership with the Alberta Food Producers Association, Save-On Foods, and the Calgary Co-op. At the present time, we have partnered with our local Sobey's Store here in Medicine Hat.



Quite simply, shoppers can donate to Alberta Share by asking their cashier to scan a \$2 swipe card (which can be found at each cashier till). Two dollars is instantly added to the receipt total as a donation, which our food bank can put towards future food purchases at that store. This way, all parties involved benefit and all money donated stays in our community.

The AFBNA takes care of all posters, card holders, and cards for the program at no cost to its members. To date, more than \$300,000 has been raised for Alberta Food Banks! These funds could not have been raised without the hard work of specific retailers and the generosity of customers.

**Thank you, Alberta!!!**



**Grow a Row** is an initiative that the Medicine Hat Food Bank and Alberta Health Services have partnered in. The premise is simply this: “gardeners plant an extra row of vegetables and donate the produce to the food bank at harvest. Posters and brochures are available at our office.

## **Fundraising**

Public and Corporate donations are collected directly in a variety of ways; cheque, cash or credit card. All donations are distributed according to the donor's wishes. If no specific direction is given, the funds are channeled into the most needed areas; one of our many programs or general operations.

## **Foodraising**

The Medicine Hat Food Bank Facilitates the Distribution of donated food to people suffering from food insecurity along with several agencies, churches and organizations in our community.

## **Association Programs**

### **Pork Distribution**

In spring 2008, the Federal Government brought forward the Swine Cull Program to assist hog producers across the country. The hog producers were compensated for reducing the number of breeding sows on their farms.

As part of the program, it was decided that, as much as possible, the meat from the processing of the sows would go to the Food Banks across the country. Here in Medicine Hat in the summer of 2008 we received 8000 lbs of ground port and then an additional 4000 lbs in the summer of 2009.

Thank you to AFBNA for the great partnership in making this possible to help our community!

### **Snack Attack**

In 2008 we introduced our new program called the Snack Attack. All three school districts in our area supported the program and we presently have 24 schools participating. The purpose of this program is to provide an Emergency Shelf with nutritional snacks and breakfast items for those children who come to school hungry. Our goal is to see that there is something in place in all of the elementary schools in Medicine Hat and the Cypress County.

This Emergency Shelf will be fully stocked in the schools at the beginning of each school year. Each school participating is provided with a requisition form to make a request for additional food as needed. The teachers in the classrooms will be involved. Who better to

know the needs of their students? We have worked with a registered dietician with the Palliser Health and put together a list of healthy, nutritional items that are purchased for this program.

We have found that the Snack Attack program to be a very valuable program in our society at this time. It's hard to believe that right here in our own community there are children going to school hungry. We believe that learning and health are directly influenced by this fact. We also believe that nutrition plays an instrumental role in optimal health, growth, intellectual development, prevention of immediate health problems and preventing chronic diseases.

**2008 was a busy and exciting year for the Medicine Hat Food Bank. We have introduced new programs, partnered with several agencies, renovated our present location, improving our look inside and out and increased our volunteer base. There have been a record number of 3<sup>rd</sup> party fundraising events which has helped to ensure our sustainability.**

# Medicine Hat – a community that cares and shares.







The following companies have donated outstanding goods and/or services during the 2008-2009 year

**Beef**

Craig Elder  
Mike, Susan Page  
Paul Noga  
Meyers Norris Penny  
Ross Straubb  
Wendell Straubb  
Keith Ritz  
Dennis Ritz

**Produce**

Red Hat Cooperative  
Sunshine Greenhouses  
Sunset Growers  
Elkwater Colony

**Misc**

Costco  
Quick Snack Vending  
Storage 4U.com  
Rosenau Transport  
TBConstruction

