

# Medicine Hat and District Food Bank (1992) Association



2011

Annual  
Report



## Programs Offered at the Food Bank

### **GROCERY BASKET**

7 – 10 days of emergency food assistance available to clients once every two weeks.

### **GROCERY BOX**

3-6 days of emergency food assistance once per calendar month.

### **BACK-TO-SCHOOL SUPPLIES**

Provide backpacks and school supplies to children at the beginning of each school year – kindergarten to grade 12.

### **MILK PROGRAM**

Provides milk to women and children in low income families. This program is sponsored by Coneco Phillips and our local Sobeys store.

### **PROGRAM 4 PROTEIN**

Provides meat, cheese and eggs in our grocery baskets and for healthy bundles.



### **HEALTHY BUNDLES**

Provides nutritious food to pregnant women or women with children aged one and younger.

### **BIRTHDAY BOXES**

Includes gift card for a cake, balloons, 8 goodie bags, streamers, plates, cups, napkins, hats and streamers for children up to 14 years old and an appropriate gift will also be included.

### **COMMUNITY KITCHENS**

Provides food to 5 different kitchens in our community. Participants learn to cook healthy and affordable meals under the guidance of a nutrition specialist.

### **KIDS LUNCH PROGRAM**

Provides school lunch supplies to low income families accessing the Grocery Basket Program.



### **FOOD LINK PROGRAM**

This program is to share food resources with partners in the community (schools). My Place Program and Crescent Heights High School and Alexandra School, HALT Program and Medicine Hat High School and counsellors at high schools addressing hunger with students.

### **SNACK ATTACK PROGRAM**

An emergency shelf is stocked with nutritional items in elementary schools in Medicine Hat and Cypress County. This is available to schools monthly.

### **DAILY SUPPLEMENTS TO**

### **PARTNERING AGENCIES**

Provide daily to partnering agencies. This is the additional bread and products that are gleaned from the grocery stores daily.





### **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  
Phone: 403-528-4313  
Email: [connie\\_m@telus.net](mailto:connie_m@telus.net)

Director of Client Services: Fiona Drabble  
Phone: 403-528-4566  
Email: [feemhfb@telus.net](mailto:feemhfb@telus.net)

Volunteer Co-ordinator: Carmen Virovec  
Phone: 403-528-4313  
Email: [carmenvc@telus.net](mailto:carmenvc@telus.net)

Office Assistant: Maria Roberts  
Phone: 403-528-4313  
Email: [mhfbank@telus.net](mailto:mhfbank@telus.net)

Warehouse Manager: [Brent Binnie](#) [Levi Franz](#)  
Phone: 403-878-9758

Office Fax: 403-528-4381

## **Medicine Hat Food Bank Supports**

In addition to handing out grocery baskets we also support several other community non-profit organizations including:

- ❖ [Best Babies](#)
- ❖ [Bridges Family Program](#)
- ❖ [CAN – Crisis Assistance Network](#)
- ❖ [Champion Centre](#)
- ❖ [Community Food Connection](#)
- ❖ [Core Association](#)
- ❖ [Dream Centre](#)
- ❖ [Early Intervention Program](#)
- ❖ [Good Food Box](#)
- ❖ [HALT Program at Medicine Hat High School](#)
- ❖ [Housing First](#)
- ❖ [McMan Inn Between Youth Shelter](#)
- ❖ [Medicine Hat Care Centre](#)
- ❖ [Medicine Hat Catholic School District](#)
- ❖ [Medicine Hat Family YMCA](#)
- ❖ [Medicine Hat School District #76](#)
- ❖ [Mission of Grace](#)
- ❖ [Miywasin Society](#)
- ❖ [Musasa](#)
- ❖ [My Place Program](#): [Crescent Heights](#) High School and [Alexandra Middle School](#)
- ❖ [Palliser Health Region](#)
- ❖ [Phoenix Safe House](#)
- ❖ [Prairie Rose School District](#)
- ❖ [Redi Enterprises](#)
- ❖ [Saamis Immigration](#)
- ❖ [Salvation Army](#)
- ❖ [Santa Claus Fund](#)
- ❖ [School Snack Attack Program](#)
- ❖ [Veiner Centre](#)
- ❖ [Volunteer Centre](#)
- ~~Musasa~~
- ~~Volunteer Centre~~
- ~~Redi Enterprises~~
- ~~Salvation Army~~
- ~~Mission of Grace~~
- ~~Dream Centre~~

Formatted: Font: 14 pt, Bold, Underline

Formatted: Bullets and Numbering

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 High School  
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  
Medicine Hat Care Centre  
Good Food Box  
Santa Claus Fund  
Early Intervention Program  
Winter's Inn  
Best Babies

## Message from the Board Chairman

I would like to start by thanking the volunteers, staff and Board of Directors for their past and future contributions. At first we may think of the Food Bank as an expanding traditional bricks and mortar building that distributes food to our clients but in reality it's the people that contribute everyday that make the Food Bank. Speaking of an expanding building, I see our new renovations are going as well as can be expected. I know it is always difficult to function during such times but it will all be worth it in the end. I would also thank the Board again for the opportunity I have had to lead the Board as the Chairman. It has been a great and valuable experience for me and I will support the new Chairman in any way I can.

In closing there is one very important group I wish to acknowledge. The support we receive from the community is amazing and it allows us to function at the high level we are now. On behalf of the Board, we wish to thank you for the great support throughout the year.

I look forward to another great year.

Respectfully submitted Report submitted by:

Formatted: Font: 11 pt

Formatted: Level 1

Steve Turner, Board Chair

Board Chair



Just three of the many programs the Medicine Hat Food Bank is in collaboration with  
Food Banks Canada

July 2009

Medicine Hat and District Food Bank (1992) Association

Page 3

## Current Year Directors



Steve Turner, ~~Board Chairman~~Chair

Steve has lived in Medicine Hat for 13 years now. He and his wife, Sandra, have one little boy, Eric, who is going into Grade 3. Steve, Sandra, and Steve's parents operate the Cornerstone Sobeys Grocery Store. In his free time he enjoys working on computers, watching movies and hanging out with his best buddy, Eric. Steve was our "in-the-tent man" at the Sobeys fundraiser held again this winter.



Candace MacDonald, Director

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 six years. Her hobbies are travelling, hiking, reading and cooking. This past year Candace served as Chairman of the Programs & Services Division.



~~Linda Rossler~~Les Pearson, Director

Les Pearson completed 33 years as an educator at the secondary and post-secondary levels; 24 of those years as a secondary school administrator. He 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) and is now a full-time Alderman with the City of Medicine Hat. Les retired from the Medicine Hat Food Bank Board in February 2011. Linda has been an active member of the Medicine Hat and District Food Bank for five years. In that time, she has served as a Director, Vice-Chair, and Chair. Linda retired last year from the Medicine Hat School District #76, where she served as Superintendent of Schools.



Cheryl Cant, Director

Since moving to Medicine Hat 30 years ago from the Niagara region, this area has become home. Cheryl graduated as a veterinarian from the University of Guelph and then completed an internship at the University of California at Davis. Once in ~~Medicine hat~~Medicine Hat, she spent a year teaching at ~~Medicine hat~~Medicine Hat College and then joined Valley Pet Hospital first as an associate and then as a partner. Her recent retirement allows her time for locum work, hobbies (gardening, riding and cross-country skiing), and the Food Bank. Her previous Board experience was with the Animal Care Committee at DND Suffield and the Council of the Alberta Veterinary Association. She is married to Roger Moses and has two grown sons.



Gerald Freedman, Director

Gerald was born and raised in Medicine Hat. He graduated from the University of Calgary with an Economics Degree. He has been married to his wife, Elaine, for ~~over almost~~ 295 years. Gerald worked 25 years as an Investment Advisor for is retired from RBC Dominion Securities until his retirement in December 2006, 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.

Formatted: Header distance from edge: 0.79 cm

Formatted: Font: 4 pt

Formatted: Font: 10 pt

Formatted Table

Formatted: Font: 4 pt

Formatted Table

Formatted: Font: 4 pt

Formatted: Font: (Default) Arial, 11 pt

Formatted Table

Formatted: Font: 4 pt

Formatted Table



Les PearsonMona Girling, Director

For the past 31 years Mona and her husband, Don, have lived in Dunmore, and together they have raised their two boys: Cody and Cameron. Mona has an extensive administrative background and this year has enjoyed volunteering in the Food Bank office. Mona's passions include: bridge, golf, walking and dragon boat racing.



Darlene RosenauDwaine Dietrich, Director

Darlene is married to Willie and they have two adult children: Dillon and Cheyenne. They moved to Medicine Hat from Calgary in 1985. She presently works (though she doesn't see it as work) as a Fitness Instructor (yoga, pilates and toning) at the Medicine Hat College, the Veiner Centre, and the Redcliff Seniors Centre.

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 six years and has served three years on the Board of Directors at the YMCA.Dwaine grew up in Maple Creek, SK and moved to Medicine Hat to finish high school. He studied Television, Stage and Radio Arts at SAIT and returned to Medicine Hat in 1983 to manage CHAT TV. Dwaine was Vice President and President of Monarch Broadcasting for eight years and retired from broadcasting in 2007, after 39 years in the industry. He is married to Pat who is the manager of Medicine Hat and Area Home Care and they have three children.

Formatted: Font: (Default) Arial, 11 pt



Darlene Ford, DirectorDwaine Dietrich, Director

Darlene is 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 and together they have three sons and a treasured grandson! Her favourite quote is: "All that we send into the lives of

others comes back into our own!"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 President of Monarch Broadcasting for eight 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 three children. Besides his family, his main interests are his horses, his new pup and playing goal in the Masters Hockey League.

Formatted Table

Formatted Table



Darlene FordBarry Goodine, Director

Barry was born and raised in Redcliff, AB. He attended the University of Alberta where he received a Bachelor of Arts in English Literature / Sociology and a Masters in Corrections and Criminology from the Department of Sociology. He worked for the Solicitor General Department as a social worker and functioned as a youth court worker, an adult probation officer, a parole officer and the administrator of the Fine

Option Program. He left the civil service six months after his eldest son was born and has been the primary parent, farmer/rancher and business manager of his wife's medical practice. He is married to pediatrician, Charlotte Foulston-Goodine and they have two sons: Thomas and Elliot. 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 and together they have three sons and a treasured grandson! Her favourite quote is "All that we send into the lives of others comes back into our own!"

Formatted: Right: -0.04 cm





Carol PiersonLinda Lehr, Director

Linda and her husband, Randy, live on a ranch north east of Medicine Hat. They consider themselves very fortunate to have their children as partners with the company ... so their grandchildren are on the ranch with them. Linda has been involved in the community for many years in various capacities: through Kinettes at the local club, district and national level; she just finished serving two terms on the Board for the Community Foundation of Medicine Hat and Southeastern Alberta, and she spent a number of years on the Tourism Board. She has also assisted here and there for friends working on projects to help our community. Her work background has been in retail: at one point, being a joint partner in a business. Linda feels Medicine Hat is her home and is a wonderful community. Carol was born and raised in Denare Beach, SK (close to Flin Flon, MB). After high school, she attended the University of Saskatchewan and obtained a B. Comm. (majoring in accounting). She married shortly after moving to Calgary and during those 14 years she worked various accounting-related jobs, completed her CMA designation, and had five children. She moved to Medicine Hat in 2007 and enjoys spending the majority of her time being "Mom" and is experimenting with gardening. She is entering a new phase of life as her littlest enters preschool this fall — "What is she going to do with that extra time!!!!"



Carol Pierson, Non-Voting Director

Carol was born and raised in Denare Beach, SK (close to Flin Flon, MB). After high school, she attended the University of Saskatchewan and obtained a Bachelor of Commerce, majoring in Accounting. She married shortly after moving to Calgary and during those 14 years she worked various accounting-related jobs, completed her CMA designation, and had five (5) children. She moved to Medicine Hat in 2007 and enjoys spending the majority of her time being "Mom" and is experimenting with gardening.

Her littlest enters the 2<sup>nd</sup> year preschool this fall — and she still finds she has no "extra time"!!!!

## Medicine Hat Food Bank Staff



**Connie Matson**  
Executive Director



**Fiona Drabble**  
Director of Client Services



**Carmen Virovec**  
Volunteer Coordinator





**Maria Roberts**  
Office Manager



**Levi Franz**  
Warehouse Manager



**Staff attend a wedding at  
the Elkwater Hutterarian  
Colony in June 2011**



**Volunteer Extraordinaire – Howard McKelvey:**

A big 'thank you' to Howard McKelvey who has given countless hours to the Food Bank. Every morning from 8:00 a.m. to 11:00 a.m., you could find Howard driving the cube van, picking up food gleaned from the major grocery stores in our city. He was also available for extra deliveries such as our new Snack Attack Program. Howard's service to the Food Bank has been a tremendous contribution to his community.

## Message from the Executive Director

The Medicine Hat Food Bank has been in operation for 26 years and was started as a temporary fix for a community problem. It has now become a big operation and employs three (3) full-time employees, two (2) part-time employees and over 100 volunteers. Who would have thought that this would be a growing epidemic in our community? From a business perspective, 2010 was a very successful year here at the Food Bank with the increased number of volunteers and community support. On the other hand, we served over 61,000 people. I encourage you to read this document as it highlights the Food Bank activities over the past year. The content of this report powerfully illustrates all that can be achieved when community members and organizations work together for a common purpose.

With your support, the Food Bank is responding to the immediate food needs that face many people in our community. We know, however, that the causes of hunger are complex. The Food Bank is committed to working in and with our community to address the causes of hunger and seek solutions to poverty. Our vision is that all citizens will have an adequate supply of nutritious food. I wish to acknowledge and thank the dedicated staff and volunteers who did all they could to generate food and money for the organization making the work of the Food Bank so effective. A harder working, more committed group would be difficult to imagine. I would also like to acknowledge and thank the work of our Board of Directors for the time and energy they devote to our organization. Special thanks to Steve Turner and Gerald Freedman who have served as board members over the last 7 years.

Our deepest appreciation to everyone who helped us respond to the need in our community. Whether you are a donor, a volunteer, an event organizer or an agency affiliate, we would not have been able to provide this level of service without you. **THANK YOU.**

Like food and shelter, we all need hope to survive and grow. At the Food Bank, our work is accomplished because people believe and have hope in a better community. Our work is done because we do it together -- can by can and dollar by dollar. Whether you are a donor, a volunteer or a supporter, you are a part of a larger vision for a hunger-free community.

Thank you for making hope real here in Medicine Hat.

Respectfully,

Report submitted by

Connie Matson,

Executive Director

Formatted: Space Before: 6 pt, Tab stops: 0 cm, Left + Not at 2 cm

**INTRODUCING NOURISH**

A Complete Meal By **Campbell's**

100% of Campbell's net profits from Nourish funds hunger relief efforts

*A nutritious lunch or dinner made easy by Campbell's in partnership with Food Banks Canada. Each single-serve 425 g can of Nourish is a complete meal and is perfect for families, young adults and maturing Canadians.*

© 2011 Campbell Company of Canada

### Message from the Director of Client Services

There has been an increase in the number of new clients seeking our help due to the economic downturn. Spring break came early to the detriment of many in the oilfield. We also note that there are numbers of people relocating themselves from the Maritimes, Ontario, and Calgary to our City in search of work --only to discover the streets are not paved with gold. Locally the number of clients that have had to declare bankruptcy seems to be on the increase. We are also seeing families that have had their homes foreclosed as they are unable to pay their mortgage due to health issues. A total of 210 New Files have been opened up to June 21, 2011.

With the collaboration of the Veiner Centre and church referrals, our goal to reach out to more seniors in our city is improving each month. We continue to look for referrals from other agencies so we can reach those seniors in need of Food Bank Services.

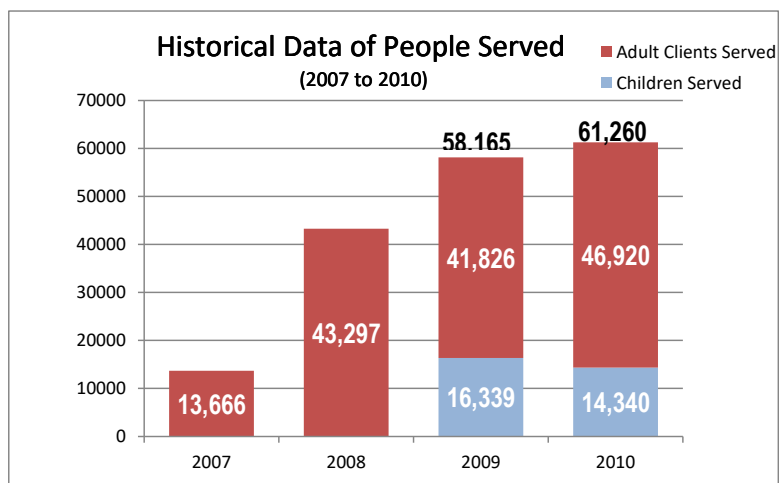
The Intake Office strives to ensure that our clients receive the opportunity to discuss the situation that has led them to needing our services. The process now accommodates the Referral Form allowing clients to connect to other sources of community support. It has been quite an eye opener when the client is taken through the Referral Form and new opportunities for support are discovered.

Mental health affects a large portion of our clients ranging from depression to addiction issues. Many have been unemployed for years, living on lower fixed incomes and struggling to balance their finances. Mental Health Services has offered a free budgeting course and this is a very popular referral.

On May 31, 2011, Hunger Awareness Day, we held an Open House. This afforded us the opportunity to educate the public and agencies that we are not a viable long-term solution to hunger. Our mandate is short-term crisis assistance only. On the chart provided below, you will note the trend of increasing numbers of people served.

Even though our numbers are increasing, it is reassuring to know that our community, our staff and our volunteers are rising to meet this challenge.

~~Respectfully submitted,~~ Report submitted by Fiona Drabble, Director of Client Services



Fiona Drabble

Formatted: Space After: 12 pt, Tab stops: 0 cm, Left + Not at 2 cm

### **Message from the Warehouse Manager**

I assumed the position of Warehouse Manager in February 2011 and am responsible for the overall day-to-day operation of the warehouse. This includes: taking temperature readings from all of our fridges and freezers twice a day, and driving the cube van every morning to pick up donations from various grocery stores in Medicine Hat. After I have completed the pick-ups, I weigh everything on the large scale and keep track of it on our daily warehouse inventory sheets. The large scale purchased for the warehouse has definitely increased the efficiency and ease of weighing donations.

To maximize warehouse space, we have had to move a lot of shelves filled with canned goods. This was all possible because of the help of many volunteers. They successfully dismantled all the shelves and palletized the canned goods so they could be moved. Palletizing will allow easier set up once enough room is available elsewhere in the building. The food is still being stacked on shelves according to expiry date. There are 'use first' and 'new product' labels on the shelves to ensure that the food is properly distributed. Larger portions of food are repackaged by volunteers. The smaller portions are labeled to ensure the food is described and, in some cases such as pancake mix, preparation instructions are included on the labels.

There is a small amount of food still located in the freezer/storage area at the Alpha Building. This food is being brought back to the Food Bank on a weekly basis in an effort to clear everything out of the Alpha Building. Board has approved the addition of a new freezer in the present Food Bank location. Once construction starts for the freezer, all inventory must be out of the construction space to allow for renovations to proceed smoothly.

So far it has been a great year and I have learned a great deal about the Food Bank in Medicine Hat. I am very grateful to work with so many pleasant and cheerful volunteers and staff members which really enhances the amount of work that is done and goals that are accomplished. I look forward to continuing to look for ways to enhance the warehouse operation to make this another great year for the Food Bank.

Respectfully,

Report submitted by

Levi Franz, Warehou  
Warehouse Manager



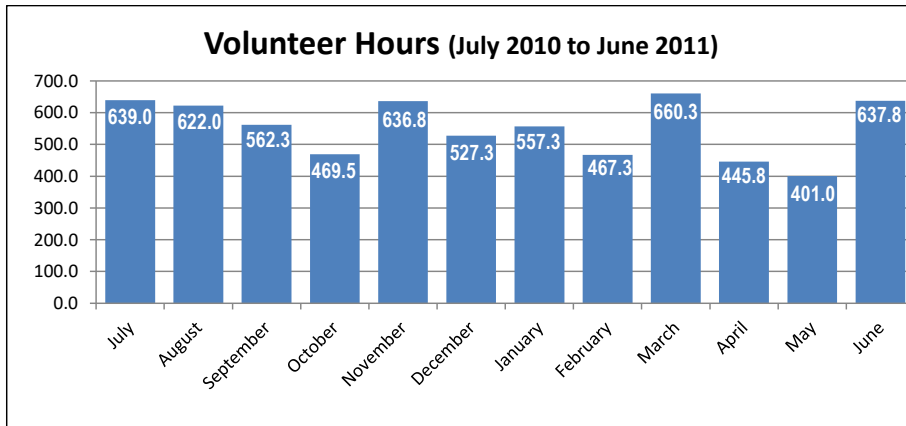
Levi Franz, Warehouse Manager, takes a well-deserved rest after picking up the many pounds of food received from the CBI Physiotherapy & Rehabilitation Centre Bag Drop and In-House Food Drive. On four separate occasions Levi picked up food donated. A total of 4,725 pounds were collected and sorted by staff and volunteers at the Food Bank. The Food Bank is very thankful to groups such as by CBI Physiotherapy & Rehabilitation Centre who organize and host third party events. This event was certainly very successful.

Formatted: Space After: 12 pt

Formatted: Centered

### **Message from the Volunteer Services Coordinator**

As with past years, the Food Bank continues to owe much of its success to the many volunteers that work within our organization. Whether it is: stocking the front shelves, overseeing the baby room, repackaging bulk foods into smaller portions, sorting, lifting, or organizing in the warehouse, driving the van, recycling, shredding, assisting clients, cleaning or yard work – each volunteer contributes to the overall success of the Food Bank. The chart below outlines the combined individual and group volunteer hours from July 2010 to June 2011 – a total of **6,626** hours.



Not only did we have the day-to-day operation of the Food Bank, we also partnered with other volunteer agencies on projects. For example, United Way had a fundraising program where a bus is filled with donated school supplies. Pictured below are Food Bank volunteers who carried, sorted, organized and filled back packs for school children aged 4 – 17.

### **Partnering with United Way:**

**School Bags prepared by Volunteers and Staff in August: A total of 39.5 volunteer hours was dedicated to preparing school bags for distribution.**





This year, in particular, we have an overwhelming amount of food donated over the Christmas season. Some of the increase can be directly related to school involvement and an increase in hunger awareness through programs such as the Snack Attack Program. The two major food drives were CHAT and the SHAW *"Together Is Amazing"* drive.



Carmen Virovec overlooks the very crowded warehouse. The generosity of Medicine Hat and area residents is a wonderful 'problem' to have.



Warehouse space was at a premium in December and the early months of 2011. Volunteers worked very hard to get the warehouse into top shape.

Elders from the Church of Jesus Christ and Latter Days Saints, Police, Firemen, South Alberta Lighthorse Army Reservists and individual volunteers worked very hard to get the warehouse back into top shape.

One of the last major volunteer activities was the 2011 Sunshine Benefit Golf Tournament sponsored by RBC Dominion Securities – Fifth Avenue Wealth Management Team and Desert Blume Golf Club. On the right are some of the volunteers assisting with that event.



Pictured L to R: Fiona Drabble, Deb Englot, Sue Rollefson, Maria Roberts, Levi Franz, Lloyd Cox, Elaine Freedman, Bill Glockner, Joan Glockner, Linda Clifford, Carol Farr, Carmen Virovec, Mona Girling

We are truly grateful to have volunteers who are truly committed to the operation of the Food Bank and serving our clients. The biggest challenge the Food Bank faces is in the recruitment and retention of volunteers. This will be the main goal for the Volunteer Co-ordinator in 2011-2012.

[Report submitted by](#)

Carmen Virovec, Volunteer Co-ordinator





## **REPORTS: Business Division Committee**

The Business Division Committee consisted of:

Dwaine Dietrich, Chair  
Nick Medwid  
Ex-officio: Steve Turner

Carol Pierson  
Mona Girling  
Connie Matson

This past year has seen a revamping of the financial reporting system. A new monthly statement has been created so Board Members can see “actual”, “budget” and “history” numbers for the current month and year to date. This new document has made it easier to analyze monthly revenue and expenses as well as compare to last year. With this new reporting system, management is better able to react to revenue changes and to operating expense variances. This document will also make the yearly budgeting process more efficient and effective. Thank you to Carol for her diligent work in implementing this process. I would also like to thank Mona Girling and Nick Medwid for their input on the Business Division.

Due to the loss of the building in which our freezer was located, we have had to research other options. Currently, we are looking at adding a freezer building on to the current Food Bank office. This will be a long process as we need City approval for a number of building permits as well as fundraising for the additional cost of this new facility. If all the plans come together, we should have this new addition in place by the fall of 2011.

Report submitted by Dwaine Dietrich, Chairman



Phones for Food is a third-party fundraiser where people can bring their old phones (working or not) to the Food Bank or take them to Rogers or Fido at the Medicine Hat Mall.

This program is offered in partnership with Food Banks Canada and the Food Bank will be “Applying for Funds” in October 2011. More information is available at [www.phonesforfood.com](http://www.phonesforfood.com)

## **REPORTS: Personnel Committee**

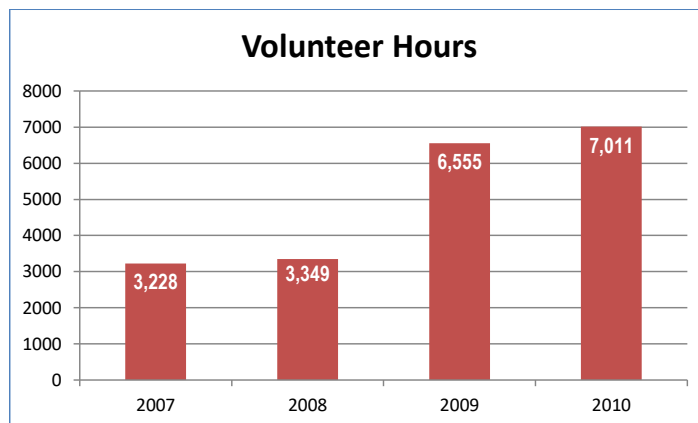
The Personnel Committee consisted of:

Darlene Ford, Chair  
Linda Lehr  
Mona Girling

Dwaine Dietrich  
Ex officio: Steve Turner  
Connie Matson

With the resignation of Linda Rossler, Darlene Ford graciously agreed to step in and chair the Personnel Committee. Although there was limited work completed by the Committee this year, there are two successes to report:

- a) The Executive Director's salary negotiations were completed for the upcoming year.
- b) Committee has recognized the need for the Medicine Hat Food Bank Policies and Procedures to be completely reviewed and revised. Dwaine Dietrich has volunteered to chair this sub-committee and Linda Lehr has agreed to assist with this task. The goal is to have a draft Policies and Procedures revision available for Board's consideration by November 2011.



|

## **REPORTS: Community Relations**

The Community Relations members for the past year consisted of:

Cheryl Cant, Chair	Linda Lehr
Darlene Ford	Russell Lovejoy
Gerald Freedman	Carmen Virovec
Mona Girling	Ex officio: Steve Turner
Barry Goodine	Connie Matson
Jean Harrison	

The Community Relations Committee has a number of responsibilities including advocacy, grant applications and fundraising, government regulations, widening the donor base and organization of the Annual General Meeting.

All members of our committee, the Board, members and volunteers as well as Food Bank employees have been strong advocates for the Food Bank and are to be congratulated.

A number of fundraising activities have taken place this year. A beautiful quilt donated to the Food Bank by the Cactus Rose Quilt Guild was raffled off in September from tickets sold over the summer. Tom Jackson's "Singing for Supper" concert was held at the Monarch Theatre on December 7, 2010. Despite a scheduling conflict with the arrival of the Holiday Train, the evening was a success with excellent entertainment and a reminder of the warmth and caring that are part of the season. Unfortunately, our planned collaboration with Medalta did not happen. The Food Bank was again chosen as the charity to benefit from the [RBC-DS Sunshine Benefit Golf Tournament sponsored by Fifth Avenue Wealth Management \(RBC DS\) and Desert Blume Golf Club at Desert Blume](#). The tournament, a helicopter ball drop as well as live and silent auctions took place June 23<sup>rd</sup> and 24<sup>th</sup>, 2011. The Food Bank has also been supported by a number of third party events for which we are very grateful.

As Chair of this Committee, I would like to thank the committee members for their dedication and hard work in providing food security to our community.

[Respectfully Report](#) submitted by Cheryl Cant, Committee Chair



Connie Matson stands beside the Medicine Hat Food Bank Booth set up at St. John's Presbyterian Church as part of "Project Connect". This was an Open House for clients to access information about all the agencies that can provide assistance to them. A highlight for clients was the free haircuts offered by local hairdressers. It was refreshing to see the smiles on the faces of those people receiving a free haircut.

## **REPORTS: Programs and Services Division**

The Programs and Services Division members for the past year consisted of:

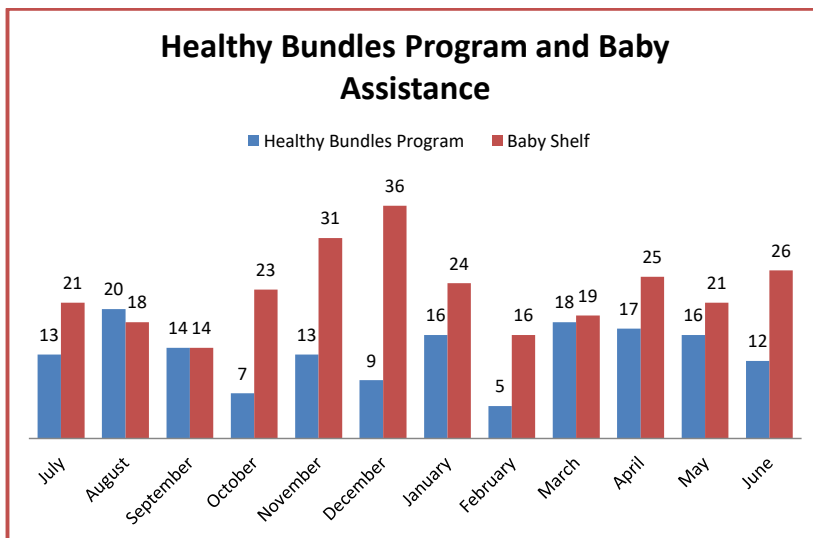
Candace MacDonald, Chair  
Barry Goodine  
Connie Matson

Linda Lehr  
Ex officio: Steve Turner

This year the focus has not been so much on new programs but on working in collaboration with various partners within the community to enhance services for our clients. A new partnership was started this year with Housing First. This is a special program that has been established for clients who are not eligible to come into the Food Bank due to situations that negate our policies at the time of move in. This allows the client access to a grocery basket through their Housing First Worker.

Healthy Bundles is a program established to ensure pregnant or breastfeeding women receive nutritious food. Working with various social agencies, the hospital – maternity floor, the Teen Mom Centre and McMan an increasing amount of women are accessing this program.

Our Snack Attack Program now has 28 Medicine Hat and District area schools participating. Not only are children being able to access nutritious snacks but an offshoot of having a program like this in schools is an overall awareness by teachers and students surrounding the issue of hunger. This was evident in this year's Christmas donations from schools as donations of food and money were higher than they have ever been.



## Ways That You Can Help

### **Volunteering**

We are always looking for new volunteers to assist us. We need help with the daily operations of the Food Bank as well as volunteers to help with our special events throughout the year. If you are interested in being part of a dynamic volunteer team, please call 403-528-4313 to discuss the process.

### **Organize or Host an Event**

Many people find it easy to contribute to the Food Bank by collecting donations at their local school, office, church, or by taking donations as part of an event. For birthday celebrations, anniversary parties, etc. you can ask that your guests make a donation to the Food Bank in lieu of gifts or flowers. If you would like to discuss your ideas or if you would like to host an event, please call.

### **Plant a Row – Grow a Row**

The Plant a Row – Grow a Row program invites local gardeners to grow an extra row of fruits or vegetables to donate to the Food Bank. It also encourages local gardeners to share their excess crops with us. If you are interested in growing a row and would like to know what would be most suitable for the Food Bank, please call us.

### **Other Ways You Can Help**

Many times the Food Bank is in need of specific items or services that you may be able to donate. Gift-in-Kind receipts may be available. Please call us to discuss this option.



### **Donating Money**

The ~~Medicine Hat~~ [Medicine Hat](#) and District Food Bank does not receive Federal government funding and, therefore, relies solely upon the generous donations from the community. While donations of food and time are greatly appreciated, money is needed for essential items to ensure that our services remain available. Donated funds are needed for things like building repairs and maintenance, utilities, MHFB vehicle maintenance, fuel, office supplies, office equipment, etc. In order to be a successful and effective organization, and to be able to provide continuity of service to our clients, we also require some paid employees. Tax deductible receipts are available for your donations of \$10 or more. Remember every little bit helps.

**100% of your donation  
STAYS in YOUR  
Community!**

### **Donating Food**


Of course, food is always welcome. We suggest that you only bring food here that you would feel comfortable serving in your own home. Make sure that it is in good condition and not outdated. You can donate food in the following ways:

- Take your non-perishable food donation to one of our Food Bank drop boxes located at Canada Safeway Stores, Co-op and Superstore **OR**
- Bring your donation to us at the food Bank during our regular business hour (8:30 am to 4:30 pm).
- If you would like to know if there are specific items that we are in need of at the time, please call us and we will be happy to let you know.



Formatted: Font: (Default) Arial, 11 pt




## OUR PLATINUM DONORS



Gerald and Elaine Freedman	GOA – Community Facility Enhancement Program	Jim Pattison Broadcast Group	
-------------------------------	--	---------------------------------	--

Niblock & Company LLP	Hummel's Oilfield Services		 <small>MEYERS NORRIS PENNY LLP</small>	
--------------------------	-------------------------------	---	---	--

Medicine Hat Real Estate Board	 <small>GENERAL CONTRACTING</small>		Deb and Rick Englot
-----------------------------------	---	---	------------------------

Jean and The Late Alex McDougald	Hargrave Ranching Co. Ltd.	<b>Fifth Avenue</b> WEALTH MANAGEMENT OF RBC DOMINION SECURITIES	Pat's Off-Road Transport
-------------------------------------	-------------------------------	--	-----------------------------

	Medicine Hat Lion's Club	Merv and Lauren Boychuk	The Late Clara J. Mitchell	Short Grass Ranches Ltd.
---	-----------------------------	----------------------------	-------------------------------	-----------------------------

Knights of Columbus 1732	Transit Paving Inc.	Craig Elder	 Farm Credit Canada	 CIBC Wood Gundy
-----------------------------	------------------------	-------------	--	--

 <b>RBC</b> Royal Bank		Pipeline Grazing Co-op Ltd.	 Canadian Fertilizers Limited	Cenovus Employee Foundation
--	---	--------------------------------	--	--------------------------------

GOA – Alberta Community Spirit			ConocoPhillips Canada Resources Corp.
-----------------------------------	---	---	--



MH College Students from Addictions Counselling Program, Social Program and the Child and Youth Care Program collected 811 pounds of food with their "Trick or Eat" Campaign.



CHAT 94.5's Jim Duce and Kristina Twork pose for a picture after another very successful Food Drive.



Connie Matson receives a donation from Medicine Hat Regional Hospital Representatives: Laura Schattle-Weiss and Linda Iwasiw

"Whether you are a donor, a volunteer or a supporter, you are a part of a larger vision for a hunger-free community."

*Connie Matson,  
Executive Director*



Connie Matson and Board Member, Gerald Freedman accept a \$68,000 cheque from members of RBC DS – Fifth Avenue, Lonnie Schick and Don Dempster, along with Glen Raczy from Desert Blume. This money was raised through the 2010 Sunshine Benefit Golf Tournament and Raffle.



CIBC Wood Gundy are strong supporters of our Snack Attack Program – an emergency food shelf for hungry students



Linda Lehr with agency representatives at the Open House for Hunger Awareness Day on May 31, 2011



Gerald Freedman sorting food in the warehouse

## Our Board Members in Action



Darlene Ford and Connie Matson volunteering with toys at Christmas



Barry and Charlotte Goodine at the Sunshine Benefit Golf Tournament at Desert Blume



Darlene Ford and Linda Lehr at Sunshine Benefit Golf Tournament at Desert Blume



Mona Girling greeting guests at the Open House for Hunger Awareness Day on May 31, 2011

Some of Our



Formatted: Indent: Left: 0 cm

Formatted: Font: Arial Rounded MT Bold, 18 pt, Font color: Background 1



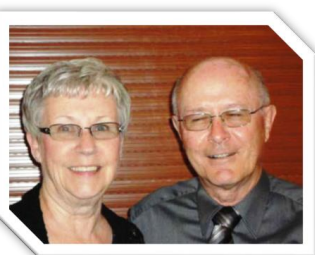




Cheryl Shabatura and Glenda Bolger



Carol Farr



June and Lloyd Cox



Nancy and Russ Lovejoy



Jean Leple and Jo Russell



Allan Getz

## Our Volunteers



LDS Elders



Ray Bosomworth



Gladys Nickel and Kristopher Kulpe



Joanne and Syl Pompu



Nick and Doreen Medwid



Glenn Rogge and Garland Hahn

## Medicine Hat Food Bank Contact Information



532 South Railway Street SE  
Medicine Hat, Alberta T1A 2V6  
Fax: 403.528.4381

**For Questions / Concerns:**  
**Connie Matson, Executive Director**  
403.528.4313

**For Client Appointments:**  
**Fiona Drabble, Director of Client Services**  
403.528.4566

\*\*\*\*\*

Medicine Hat Food Bank is a Member of :

Alberta Food Bank Network  
Association



Food Banks Canada

