



Facts To Chew On

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Official Volunteer Newsletter

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Volunteer Resources
receives funding from:



And Calgarians like you.
Thank You!

Congratulations Ed!

A big congratulations goes out to Ed Cwynar! Ed has been selected as the Alliance Pipeline Community Hero for Alberta. It is an award that recognizes an individual who exemplifies community spirit, through volunteer and charity efforts in the communities that the pipeline travels. The Community Hero receives \$2500 to present to a charity of his or her choice, Ed chose the Calgary Inter-Faith Food Bank!

A friend enticed Ed, over 9 years ago, to come down to the Food Bank to help out. Lucky for us he has been here ever since! After retiring in 1995, he decided that he would like to do something that, in his words, "gave me some self satisfaction". Ed has worn many hats here at the Food Bank, from sitting on the Board of Directors to working in afternoon distribution. He is now a shift captain on Tuesday afternoons in production.

Ed keeps busy outside the Food Bank by curling and volunteering at Heritage Park, doing maintenance and personifying everyone's favorite man in red, Santa Claus. Despite such a hectic schedule, Ed keeps a smile on his face practicing the philosophy, "if it's not fun, don't do it".

Ed's nominator, Kristen Brown

states that, "Ed really embodies the hospitality that Calgary is proud of." Thelma Henry draws attention to Ed's ability to mentor new volunteers. "He takes it upon himself to make new volunteers feel at home. He introduces them to the team and explains what the job is about." Ed is a great leader and is always willing to roll up his sleeves to get the job done. When asked what his favorite task is here at the Food Bank, he answered, "Whatever Chai needs me to do!"

Ed's advice to new volunteers? "It's important to be non-judgemental and open minded [when volunteering at the Food Bank]. If people come to pick up their hamper in a Cadillac, don't judge them. It may be a friend or neighbor giving them a ride."

Thank you Ed, for your hard work and generous spirit. You set a great example for everyone around you. It is volunteers like you that make the Calgary Inter-Faith Food Bank a great place to be. You truly are a Community Hero!





A Letter from the #36 Pathfinders

...Just wanted to let you know how much fun our group had helping out on Jan. 31st. We were lucky enough to get to BAG SOUP - a job we hadn't done the last time (shopping) so we got to experience another part of the system.

I asked the girls to finish the sentence "I liked the trip to the Food Bank because":

... I like helping less fortunate people in our city. - Kim

... I liked helping pack food, knowing that we were helping others. - Sam

... I felt good about helping others. - Tess

... I enjoyed the music playing in the background and it was fun. - Rachel

... I enjoyed the music and the fact that the supervisors didn't hover around us while we were working.

It's nice you trust us. - JJ

... Its fun to help others. - Rhianne

Volunteer Friends to the Rescue - So Many Ways to Help!

A number of years ago, one of CIFB's long time volunteers suffered a stroke. As a result, he was no longer able to drive and his ability to volunteer nearly disappeared. He missed his volunteer work but without the ability to drive (public transit was not an option), he was on the verge of 'retiring'.

VOLUNTEER FRIENDS TO THE RESCUE!!!
Upon realizing the situation, 2 volunteers on his shift offered their services as 'chauffeurs'. The simple act of offering a ride to and from the Food Bank made an incredible impact for this volunteer and his family. He can continue to be a contributing member of society and see his friends. He is actually disappointed when a holiday falls on his shift day and the Food Bank is not open!

Special thanks to these 2 volunteers who have carried out this commitment for over 5 years but modestly wish to remain anonymous.

There are many other volunteers who quietly and graciously support their fellow volunteers in many ways. The Food Bank appreciates all these efforts that support CIFB activity as well as enable others around to continue to be active!



Terry Deets, a volunteer always ready and able to help out!



*For every dollar you donate...
We can buy four dollars worth of food...
Thank you for your support.*



In Your Honour Volunteer Appreciation 2007

In 2007, the Food Bank will be hosting a series of Volunteer Appreciation events to show our appreciation to the many volunteers who help us to help Calgarians in crisis.

Our first event is: Dinner at the Calgary Winter Club

(4611 14 Street NW)

When: Wednesday, May 2nd

Doors Open at 5pm with Dinner served at 6:30pm

Program to follow

RSVP: Carla- 253-2059

Reserve your spot by April 25th (seating limited to 250)

\$10 Guest fee

Or . . . you may choose to attend our second event in late September that will be a Cocktail Party

We are anticipating a summer 'Family-Style' event for everyone. Bring your spouses, partners, kids & grandkids!

Watch for details on all these events in Volunteer Land as well as in your e-mail.

NEW - Fruit & Vegetable Afternoons

We are calling all individuals, families and small groups to help hand out produce supplements during our regular afternoon hamper distribution.

What: Fruit & Veggie Distribution

When: 12:45pm - 3:30pm
Mondays thru Fridays
May 1st thru Early Fall (tentative)

Who: Individuals, Groups & Families
(standing and ability to lift required)
Contact: Margaret 319-0830 or
melle@calgaryfoodbank.com



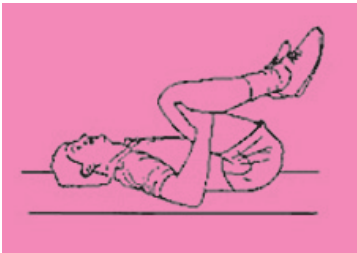
Back Health

Many of the volunteer positions, here at the Food Bank, require lifting. We encourage you to look after your health!

Always remember to lift heavy objects using your leg strength!
Never twist your torso when holding a heavy object!

Remember, taking steps to prevent back injuries through an active lifestyle and strengthening exercises is the key to back health!

Knees Curl Ups

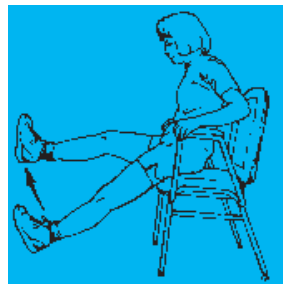


Lie on your back with your knees bent and feet flat on your bed or floor. Raise your knees toward your chest. Place both hands under your knees and gently pull your knees as close to your chest as possible.

Do not raise your head. Do not straighten your legs as you lower them. Start with five repetitions, several times a day.



Leg Extensions



You can also sit upright in a chair with legs straight and extended at an angle to the floor. Lift one leg waist high. Slowly return your leg to the floor. Do the same with the other leg. Repeat five times with each leg.

Lift-Offs



Lie on your stomach. Tighten the muscles in one leg and raise it from the floor. Hold your leg up for a count of 10 and return it to the floor. Do the same with the other leg. Repeat five times with each leg.




































Meat and vegetables are a few of our guaranteed items.



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Your friendly Food Bank Staff Page 5 Apr/May/June 2007

 <p>Chris Harris, Chief Executive Officer</p>	 <p>James McAra, Manager of Communications and Resource Development</p>	 <p>Karoline Sandhurst, Manager of Client Services</p>	 <p>Kevin Kelly, Inventory/Purchasing Supervisor</p>	 <p>Carla Nickel, Executive Receptionist</p>
 <p>Thelma Henry, Manager of Operations</p>	 <p>Ellen Bruce, Communications Coordinator</p>	 <p>Joan Holland, Client Services Coordinator</p>	 <p>Mark Winkleman, Bulk Food Supervisor</p>	 <p>Jim Ollenberger, Corporate Services Finance Officer</p>
 <p>Debbie LaRocque, Transportation Supervisor</p>	 <p>Sara Leishman, Volunteer Resources Assistant</p>	 <p>Carly Schmidt, Client Services Evening Supervisor</p>	 <p>Doug Fonseca, General Warehouse- Dock</p>	 <p>Erica Gifford, Systems Data Controller</p>
 <p>Sherry Kindopp, Food Link Supervisor</p>	 <p>Colt Long, Development Coordinator, Personal Giving</p>	 <p>Lily Okeny, Call Centre Assistant</p>	 <p>Kelly LaRocque, General Warehouse Evenings Shift Supervisor</p>	 <p>Kevin Mitchell, Driver</p>
 <p>Patricia Thompson, Driver</p>	 <p>Diane Westlake, Development Associate, Legacy Giving</p>	 <p>Mellissa Faithfull, Client Services Executive Assistant</p>	 <p>Chai Delum, Daytime Warehouse Production Supervisor</p>	 <p>James Mauch, Driver</p>
 <p>Grant Snider, Contract Employee</p>	 <p>Holly Robinson, Development Coordinator, Food Industry</p>	 <p>Mathew Lenz, Distribution Assistant</p>	 <p>Laurie Jeselon, Senior General Warehouse Days</p>	 <p>Bruce Rohn, Driver</p>
 <p>Russ Brookes, Driver</p>	 <p>Kristen Brown, Development Coordinator, Community Initiatives</p>	 <p>LeeAnn Fielding, Client Services Intake Supervisor</p>	 <p>Nancy Creagh, Senior General Warehouse Evenings</p>	 <p>David Crawford, Driver, MooJuice</p>
 <p>Debbie Smith, Call Centre Assistant</p>	 <p>Margaret Elle, Volunteer Resources Supervisor</p>	 <p>Pattie Wilson, Call Centre Assistant</p>	 <p>Monica Brinck, Development Coordinator, Organizational Giving</p>	 <p>Bruce Leach, Driver</p>



Your Invited to Be our Guest at the Leave A Legacy Calgary Spring 2007 Legacy Seminars

The Calgary Inter-Faith Food Bank Society invites you to invest in your community by making a commitment of a Legacy Gift. A Legacy Gift may be in the form of Bequests, Life Insurance Policies, Securities, Real Estate, RRSP's/ RRIF's, Gifts of Cash or Gifts-in-Kind. An investment of a Legacy Gift to the Calgary Food Bank will provide sustainable revenue for future operations.

Your Legacy Gift is more than a donation; it is an investment that will enable the Calgary Food Bank to continue to deliver valuable programs and services to those in need. Through your support the Calgary Food Bank will be able to maintain a positive impact in our community now and in the future through indicators of success such as:

- Distributing more bulk food through the bp Food Link Program and the Bulk Food Shipping Program.
- Seeing a higher percentage of clients needing fewer Emergency Food Hampers per year.
- Increasing our capacity to meet the growing number of Calgarians who will need emergency food in the future.

FREE Public Seminars on Wills, Estates & More

Saturday, March 31, 2007 at the Centre For Continuous Learning
Mount Royal College, 4825 Mount Royal Gate SW, Calgary

Directions: take Mount Royal Gate SW from Crowchild Trail or Richard Road. Turn right on Mount Royal Circle. The Centre is on the east side of the campus and is the first building on the right.
FREE parking in lot V-1. Light refreshments available – cafeteria on site.

Session Schedule:

Where There's A Will

9:00 am - 10:30 am

Inspired Giving

11:00 am – 12:00 pm

Executor's Duties & Probate

1:00 pm – 2:30 pm

Planning For Incapacity

3:00 pm – 4:30 pm

Also covered in each session: Why You Should Have a Will, Things to Consider when Writing Your Will, and How You Can Leave a Gift to Your Favorite Charity Through Your Will.

Leave A Legacy Calgary's Legacy Seminar Series is a series of free public workshops to encourage Calgarians to make sound estate and financial plans and to consider in their plans a legacy gift to secure a vibrant future for their community. The Legacy Seminar Series is offered by the Canadian Association of Gift Planners Southern Round Table as a public service. There is no charge for volunteers, donors, or clients to attend the sessions.

THANK YOU SO MUCH TO OUR
WITHOUT YOU,



WONDERFUL VOLUNTEERS.
WE WOULD NOT EXIST.