

Goodness Gracious, Great Bowls of Fire!

On February 9, 2008, to mark your bowl's first meal. There are so many to pick from – Roasted Carrot and Brie from Allium, Mushroom Velouté with Morel Duxelles and Tarragon Crème Fraîche from Absinthe Café & Resto Bar, Bloody Caesar Bisque with Vodka from Zuni Grill, or Spicy Corn Chowder from Il Primo, just to name a few. Ace Bakery, Loblaws (Merivale Road) and Farm Boy donated bread, perfect for grabbing those last drops of soup before heading back in search of another bowl of culinary bliss.

Photo © Art Petch



The allure of Great Bowls of Fire is the wonderful yet painstaking experience of first choosing a handmade bowl (they're all so beautiful!), all handmade and donated by members of The Guild. The next nail-biting adventure unfolds as you choose the soup, concocted and donated by ten local restaurants,

Food Bank. The silent auction featured a wonderful array of both functional and non-functional creations from Guild members and also augmented the event's proceeds. Live entertainment from local band Verona Katz rounded out the event. This third-annual Great Bowls of Fire raised an amazing \$11,912, beating previous years' records. Since every dollar donated to The Food Bank generates \$5 worth of food into the community, this exceptional event generated almost \$60,000 of food for those in need. Congratulations to the event organizers and a huge THANK YOU for more details!

Volunteer Translator Needed

Would you like to volunteer from the comfort of your home or office? The Food Bank is in need of a volunteer French translator or translation agency to assist with ongoing projects ranging from policies and procedures to marketing collateral. Experience and proficiency is a must.

Êtes-vous à la hauteur de la tâche? Contact Francine Rukundo at 613-745-7001 or francine@theottawafoodbank.ca. You can help fight community hunger, one word at a time.

Upcoming Events

- April**
 - 29 > Tenant Landlord Food Drive
- May**
 - 3 > Ottawa Central Railway Open House
 - 8 > Lunch Money Day
 - 24 > Great Glebe Garage Sale
 - 30 > Food Aid Day
- June**
 - 5 > Capital Food Blitz
 - 14 > Calling All Corvettes Auto Show
- July**
 - 9 > MCA Golf Tournament
 - 12 > HOPE Volleyball SummerFest

Want more details? Check out our events calendar at www.theottawafoodbank.ca



Kim Beaudry, Lunch Money Day Leader for Learning Tree International and long-time Food Bank volunteer, won the 2007 LMD Leader draw of airfare for two to anywhere WestJet flies in Canada. Register your group today at www.lunchmoneydayottawa.ca for your chance to win and to help fight community hunger this May!



FoodBytes

The Newsletter of The Ottawa Food Bank

April 2008

Vol. 3,
Issue 1

Cisco Systems Gives The Food Bank the Coolest Cooler!

If you've ever visited The Food Bank warehouse, you'll remember the small, dark, slightly pungent cooler we used to have; it sat in the middle of the warehouse and stored the fresh produce, milk, eggs, cheese, yogurt and other perishable items. Thanks to an outstanding donation from Cisco Systems, we have now replaced the old, under-sized cooler with a brand new state-of-the-art walk-in cooler which measures 17' x 48' x 15' high! This new magnificent edifice proudly stands against the back wall of the warehouse. It's automatic doors are even wide enough to let a fork-lift truck pass through!

Sean Robart, Warehouse Assistant, comfortably manoeuvres the packed fork-lift truck around the inside of the cooler. "This is great; the cooler is big enough to keep fresh salads, fruits, eggs, milk, juices and other items. Before, we struggled because the old cooler was just too small and dark – we couldn't get the lift truck into it. This is way better for stock rotation."

Gary McCarthy, Operations Manager, couldn't be happier with the new cooler. "Our new role as the distribution centre for Eastern Ontario food banks has meant that we receive more and more locally grown fresh produce and with the summer coming up, we badly need a



The Food Bank's new cooler, courtesy of Cisco Systems, stretches along the back wall of the warehouse. The cooler allows The Food Bank to store more perishable food donations.

place to store all these perishable items. The new cooler fits the bill. Also this cooler is much more energy efficient. We couldn't have bought it without Cisco's generous contribution."

"Cisco has done it again! They've donated a

truck, lap-tops and other valuable items, including their time, energy and commitment. And now we have a fantastic new cooler," says Peter Tilley, Executive Director. "Hats off to Barb Snyder and her colleagues for their continued generosity



The Food Bank's old cooler.

A New Member Agency

The Ottawa Food Bank welcomes The Door/La Porte to the family of Food Bank supported programs. The Door is a youth drop-centre in the Somerset & Bronson area of the city that provides a safe and welcoming place for potentially at-risk youth aged 12-18. Participants access educational and employment support, health promotion and recreational programs. With the help of volunteer professionals, The Door

The Door serves many youth whose parents work long or evening hours in order to make ends meet and whose family budgets might not provide for adequate and healthy food. Mailk also involves the participants in the meal preparation and clean-up; not only do youth at The Door now have access to regular healthy meals, they are also learning another practical life skill – safe and healthy food preparation and menu planning!

Menu

- Ottawa-Wide Web 2
- Community Kudos 2
- Get a Works Burger 2
- Agency Snapshot..... 3
- Super Savvy Staff Profile 3
- Great Bowls of Fire..... 4
- Volunteer Translator Needed..... 4
- Upcoming Events 4

The Ottawa Wide Web



You have all heard about the World-Wide Web. Well, there is another one in our area, the Ottawa-Wide Web of volunteers, staff, and agencies who assist those in need in our diverse communities. From the paramedic to the priest, from the street-worker to the volunteer, there are thousands who work together to help.

How does The Ottawa Food Bank fit into this? It is similar to a hub on the World-Wide Web. Just as the computer servers at Carleton University connect many users together and then send messages out to their destinations, The Ottawa Food Bank ships food out to 127 agencies. What is key is that these shipments are tailored to the agencies' needs. The best people to determine these needs are those who work directly with beneficiaries and know them well.

As a volunteer with a small hamper agency in a church in the west end of Ottawa, what has struck me most strongly is the individuality of the people who come for food. Each one is a person with individual needs, aspirations, and frustrations. This is why the agencies are such key players in this web we work in. They know the beneficiaries and their needs.

As the incoming President of the Ottawa Food Bank I am proud to be part of these efforts and committed to supporting our part of the Ottawa-Wide Web.

There is an M.P. who ends most of his speeches with, "God keep our land glorious and free." We are all lucky to live in a free society, and one of the things that makes it glorious is the thousands of hours of uncomplaining effort that volunteers and staff in our agencies put into our community.

Allan Miller
President of The Board
The Ottawa Food Bank



Student Zai Khadoo and Coordinator Kerry Kaiser from the Centretown Emergency Food Centre are part of the Ottawa-Wide Web.

Community Kudos: How Others are Helping The Food Bank

Sway to the Music: This January, the RCMP once again asked us to participate in their annual Musical Ride.

The event featured the police force's cavalry of horses prominently, with demonstrations and information sessions for attendees, and fun games for the kids. This event raised over \$1,400 and 1,400 lbs of food!

Court is in Session: This year's Annual Court House Food Bank Drive took place in early March and, as always, raised a ton off food and funds. It kicked off with a bang at Lawzfest, a concert

at The Rainbow which entertained many with high quality local lawyers' bands. Rock on!

Let it Snow: This winter Luc Guertin became a local legend with the creation of the Snow Wall at his home in Orleans. Not content to sit on his creation, he collected donations for The Food Bank from visitors. Luc raised over \$420 – there's no business like snow-business!

Luck of the Irish: March 15th marked the annual St. Patrick's Day Parade in Ottawa, and we at The Food Bank were happy

to be present. Attendees donated food and funds to our volunteer parade walkers, who followed a horse drawn carriage through the streets of Ottawa. In total, the parade raised over \$1,800 and 700lbs of food!



Agency Snapshot – Heron Road Emergency Food Centre



Louisa Simms is the Coordinator at HEFC, one of The Food Bank's largest Member Agencies.

The Heron Road Emergency Food Centre (HEFC) is one of the largest emergency grocery programs supported by The Ottawa Food Bank. HEFC was founded by several Alta Vista area churches more than 20 years ago and now serves over 12,000 adults and children every year. Situated in the heart of South-East

Ottawa, in the Heron Road Community Centre, HEFC continues to respond to the growing emergency food needs of a diverse population who face numerous challenges and barriers to employment. People living in this community who are in need of food assistance can access HEFC on any one of three weekdays to obtain

a three day supply of food staples once per month.

Louisa Simms took on the job of Coordinator at HEFC in August 2005 after serving as a volunteer for 5 months. She had never worked in a food bank before volunteering at the HEFC, but says that she learned quickly under the wonderful guidance of the many long-standing volunteers and the past-Coordinator, Susan Considine. In fact Louisa attributes HEFC's ability to serve such a large and growing population to the outstanding contributions of the 48 HEFC volunteers and Board of Directors as well as to the support of The Ottawa Food Bank,

Giant Tiger and Fresh Start on Walkley Road, and Rogers Independent Grocer on Alta Vista Drive.

Working at HEFC has changed Louisa's life. "The many volunteers of HEFC and I feel that by working at a Food Centre we have been given a golden opportunity to service others. For this we are grateful; our work feeds our soul," she says.

The entire Simms family has also become very involved with the food centre. Larry Simms, Louisa's husband, developed an efficient, electronic system to register people who visit the food centre for the first time; the system really cuts



Volunteer Violet Kelly stocks HEFC's shelves.

Super Savvy Staff Profile: Gary McCarthy

We tracked down our Operations Manager for a glimpse into what makes him tick.



resolve any computer issues and deal with the day-to-day issues related to warehouse operations. Any time remaining is spent on maintaining my sanity.

What is your favorite movie? The Colour Purple.

If you could meet a celebrity or historical figure, dead or alive, who would you want to meet and why? I would love to have lunch with Michael Stipe of REM. I am a big fan of his and the group's music.

Why do you enjoy working at The Food Bank? Seeing on a daily basis the support and generosity shown by individuals and companies. Frequently I receive calls from parents who say that their son or daughter just had a birthday party and instead of gifts they

asked for a food donation for The Food Bank. These are young children (aged 6 to 10) who have chosen on their own to help others. Wow... that always makes my day.

What is your favourite thing about spring? The end of winter.

What is the favorite part of your day? I honestly enjoy the whole day. If I didn't I wouldn't be here.

Where did you work before The Food Bank and what was your role? I worked at Human Resources Development Canada for 31 years. During that time I held a number of positions relating to various departmental programs (Job Analyst, Occupational Researcher and Career Development Officer). My last 5 years at HRDC involved my developing two award-winning interactive

software programs (InterOptions-Canadian Work Preference Inventory and Get A Life-Get An Education).

Tell us a random fact about you. My sad claim to fame is that I worked with Margaret Sinclair while she was dating Pierre Trudeau.

What are your hobbies outside of work? My hobbies include golf and collecting die-cast vintage cars.

What is your favorite food? Bread Pudding.

Do you have any nicknames you'd like to share with us? In 1968 I and 3 friends drove to Vancouver and back. During the month long trip we gave each other a nickname. I won't expand on this, other than to say I ended up with Garfield.