

# Volunteer Voices

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Thank you for your support!

## *A Message from Nancy Carrington ...*



Dear Friends,

As many of you may have already heard, we at Connecticut Food Bank sent out a public plea in mid-June asking for help to keep our warehouses stocked with food as we start the summer season.

We sent out the plea after we saw our food supply dwindle as food donations drop and the demand for food assistance continues to be high.

As members of our Connecticut Food Bank family, I want to keep you apprised of what has happened since we made that public plea. We saw a great outpouring of support from the community—from individuals, families, businesses, community groups and foundations.

Visit [www.ctfoodbank.org](http://www.ctfoodbank.org) for more details about the public plea for help.

As a result, we are purchasing food to help cover the food shortage and supplement the supply we provide to the 650 food-assistance programs we serve in six of Connecticut's eight counties.

We remain steadfast in our commitment to our mission of alleviating hunger. I am proud and thankful to have you join our dedicated staff in the effort to fight hunger every day right here in Connecticut.

It is only with your help and the help of the community that we can feed more people in our state at a time when more people are relying on our services. Our work is not done. We still need you and the people who rely on us still need you.

With deepest gratitude,

Nancy L. Carrington  
Chief Executive Officer  
Connecticut Food Bank

## September is Hunger Action Month



Visit [www.ctfoodbank.org](http://www.ctfoodbank.org)  
for details of upcoming  
news and events!

## Hunger 101 to Be Unveiled

Connecticut Food Bank will soon unveil **Hunger 101**, an interactive, group learning experience for people age 12 and older. It gives you an opportunity to walk in someone else's shoes and experience what it's like to struggle with poverty and hunger in Connecticut.

Connecticut Food Bank is seeking volunteers to become trained as Hunger 101 facilitators. Our first training sessions will be from 1 to 3 p.m. July 15, 9:30 to 11:30 a.m. July 17, or 5:30 to 7:30 p.m. July 21. All the scheduled trainings will be held in East Haven, 150 Bradley St. Future trainings will be scheduled.



Hunger 101 works as a tool to help increase awareness of hunger and poverty. It focuses on identifying populations at risk of hunger, the causes and effects of food insecurity, and strategies to address hunger.

CONNECTICUT  
food bank  
A PARTNERSHIP TO ALLEVIATE HUNGER

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# Fighting Hunger One Step at a Time

Volunteers worked more than 580 hours in support of the 2010 *Walk Against Hunger* in Bridgeport, Waterbury and New Haven in April and May.

To date, more than \$170,000 was raised for hunger-relief efforts. That translates into more than 575,000 meals for people in need throughout Connecticut.



About 1,200 walkers participated in the three sites, including the first-ever *Walk* in Bridgeport.

Thank you to the more than 100 volunteers who helped with this year's *Walk*.

A special thank you goes out to all who worked more than one site, especially the volunteers from AmeriCorps, who contributed a total of 80 hours of service.



Photo Credits: Far left, J. Wilcox (jwilcoxphotography.com); far right, G. Alcedo (ctfoodbank.org)

# Moving On After Four Years

Connecticut Food Bank thanks Christie Dixon of the U.S. Coast Guard and wishes her the best in her new assignment in Norfolk, Virginia. Under Dixon's leadership, the Coast Guard volunteers have contributed 450 hours of service at the Food Bank's East Haven warehouse and at special events in the past four years.

"It's really an honor and I feel it isn't enough," Dixon said of her service to Connecticut Food Bank. Dixon, a Chief Marine Science Technician, will leave Connecticut for her new assignment in mid-July.

Dixon started a community volunteer service program at

the Woodward Avenue Coast Guard base in New Haven in conjunction with the President's Volunteer Service Award Program and has been recruiting Coast Guard volunteers ever since. Last month, the Coast Guard awarded Dixon the Volunteer Service Medal for her volunteer efforts in the community.



## Programs Conference & Hunger Action Heroes

Connecticut Food Bank will host its biennial **Programs Conference** Sept. 23 at the Four Points Sheraton in Meriden. The daylong conference will offer an opportunity to share information, raise awareness, and reflect on current conditions and trends in the fight against hunger. Volunteers are invited to attend. A ceremony honoring Connecticut Food Bank's **Hunger Action Heroes** will follow the conference. For more information about the conference or awards ceremony, contact Carly Yearsley at [cyearsley@ctfoodbank.org](mailto:cyearsley@ctfoodbank.org).

# Good News by Harry Adams

At a coffee shop recently, I came across an advertisement for a book. The advertisement was on the cardboard coffee cup sleeve. It was touting a book about *Power and Influence*. A couple of quotes make the thesis of the book clear.

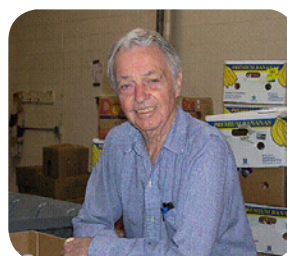
## What Volunteers Know

"The key to unlocking your personal happiness and professional power."

"The rules may have changed, but power will always equal success."

The author of the book obviously has a well-honed perspective on how persons find success and happiness in life, and sets out to inform the reader on how to achieve them. How are they achieved? By gaining power.

But let me suggest that volunteers know better and have a clearer perspective on what it means to live well.



Harry Adams was a faculty member and chaplain at Yale University for 45 years, and is a member of Connecticut Food Bank's volunteer family.

What do volunteers know?

- They know that success in gaining power is not always success in living well.
- They know that people can do much good by serving others rather than dominating others.
- They know that the community is made strong when the hungry are fed and the homeless are housed.
- They know that it is good news for the country when the newspaper can report that more people volunteered last year than ever before.
- They know that helping others enriches life.

The rules have not changed, and enriching the lives of others will always equal success.

Connecticut Food Bank works to alleviate hunger. We can't do this without you.