

Volunteer Voices

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Thank you for your support!

Thank You to All Our Volunteers: We Salute You!

In 2009, Connecticut Food Bank distributed 18.7 million pounds of food to its food-assistance network, feeding more people than ever before.

That total—equal to 14.4 million meals for people in need—represented the largest amount of food handled by Connecticut Food Bank in its 28-year history.

Visit www.ctfoodbank.org for more details about the 2009 distribution.

The Food Bank could not have collected or distributed all that food if it weren't for the generosity and dedication of volunteers who gave their time to help fight hunger in our communities.

Last year, 1,637 volunteers donated 13,760 hours from January to December. This was an increase of 153 volunteers over 2008 figures.

Volunteers in 2009 saved Connecticut Food Bank nearly \$371,800 in operational costs, equivalent to 1.26 million meals for people in need.

Thank you for your commitment and assistance in the fight against hunger in Connecticut.



Left: Patti Teslar of Sikorsky packed a box of snacks at Connecticut Food Bank's Fairfield warehouse. Right: John Stobierski (forefront), Regional Vice President of Stop & Shop, led a dozen area Stop & Shop managers who packed bags of food for the Food Bank's Kids' Backpack Program.



Andrea DelVecchio (left), District Human Resource Manager, and Tammy Dupree, District Manager of Home Depot's Coastal Connecticut District, sorted food at Connecticut Food Bank's East Haven warehouse with other Home Depot workers.

Fighting Hunger One Step at a Time

Connecticut Food Bank is gearing up for its annual *Walk Against Hunger* presented by Webster Bank. This year, Connecticut Food Bank will kick off its first-ever Greater Bridgeport *Walk* at the Beardsley Park, Bridgeport, on Sunday, April 18.

This *Walk* will give Food Bank supporters another opportunity to help fight hunger in Connecticut.

The Greater Waterbury *Walk Against Hunger*, marking its milestone fifth anniversary, will be held on Sunday, April 25, at Library Park, Waterbury. And the *Walk* series will culminate with the 34th annual Greater New Haven *Walk Against Hunger* on Sunday, May 2, at East Rock Park, New Haven.



Greater Bridgeport *Walk*: April 18
Greater Waterbury *Walk*: April 25
Greater New Haven *Walk*: May 2

Walk teams and individual participants will be needed for this family friendly event. Volunteers will also be needed. To register as a *Walk* team or as an individual, visit www.ctfoodbank.org/walkagainsthunger.

To register as a *Walk* volunteer, e-mail Volunteer Coordinator Kim Damien at kdamien@ctfoodbank.org with the date or dates you wish to help.

CONNECTICUT
food bank
A PARTNERSHIP TO ALLEVIATE HUNGER

FEEDING AMERICA
A Member of

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Upcoming Events

- April 18** *Walk Against Hunger*
Beardsley Park, Bridgeport
- April 25** *Walk Against Hunger*
Library Park, Waterbury
- May 2** *Walk Against Hunger*
East Rock Park, New Haven
- May 8** **National Association of Letter Carriers**
Stamp Out Hunger food drives
- May 15-20** **Canstruction**
Connecticut Science Center, Hartford
- May 19** **Taste of the Nation-New Haven**
Commons, Woolsey Hall at Yale University
- May 31** All Connecticut Food Bank warehouses closed in observance of Memorial Day

Questions? Comments?

Contact

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Notes of Thanksgiving

A huge round of applause goes to the Church of Jesus Christ of Latter Day Saints Missionaries of Bloomfield for contributing over 400 hours of service in support of Connecticut Food Bank in 2009; and to The Quota Club of New Haven for contributing over 300 hours of volunteer service.

A special thanks goes out to each of the following individuals who dedicated more than 100 hours of service in support of Connecticut Food Bank in 2009:

- Cathy Campbell
- Michelle Carrano
- Marie Delmonico
- Joe Diana
- Cynthia Feldman
- Kim Godin
- Pat Rosenthal
- Ian Rush

Good News by Harry Adams

Last Spring, the Association of Yale Alumni sponsored a "Day of Service." Over 3,500 people in 180 cities and towns in 37 states gave a day to help others. The slogan for the day was: *Give a Day, Change a Life*. This was the right focus for the event; volunteers do things because their activities make a difference in

Change a Life

the life of someone who needs help.

But the slogan could just as well have read: *Give a Day, Change Two Lives*. It is not only the recipient who is blessed when help is given. It is quite clear that the giver is blessed as well. Something happens to people who give time and energy and effort to helping others.

A recent book by Cami Walker, titled "*29 Gifts: How a Month of Giving Can Change Your Life*," gives moving

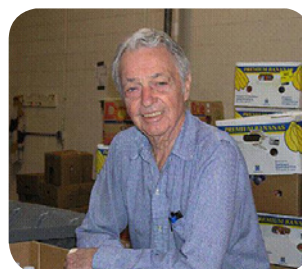
Thanksgiving for All

During the 2009 "Thanksgiving for All" campaign, 300 volunteers donated more than 950 hours of their time to help staff food drives, assist Connecticut Food Bank at its three warehouses and cover the holiday donation desk.

With the help of volunteers and supporters from all over the state, Connecticut Food Bank collected 26,503 turkeys and more than 491,000 pounds of trimmings, equivalent to nearly 590,000 meals.

Thanks to your support thousands of men, women and children who are struggling with hunger were also able to enjoy holiday meals.

Connecticut Food Bank volunteers in action.



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.

testimony to the way givers can be blessed.

Three years ago, Ms. Walker was diagnosed with multiple sclerosis, and suffered weeks of fatigue, insomnia and pain. Her life became totally focused on herself and her symptoms. Then a health advisor suggested she try giving something to someone else every day for a month. She writes that the giving didn't cure her illness, but made a startling difference in the way she coped with it: she moves more easily, is less dependent on medication, no longer has the intense flare ups which routinely sent her to the emergency room.

Indeed, *Give a Day, Change Two Lives*.

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