



# THE FOOD BAG

*If you can't feed a hundred people, then feed just one. - Mother Teresa*

## PRESIDENT'S MESSAGE

As the latest President for the Food Bank, I realize we are living in difficult, financially uncertain times. With the ups and downs in the stock market, and continued economic depression here on the coast, more folks are joining our food lines. We are here to serve and to help, by living out our vision and mission statements: *Our Vision* - "People coming together to create hope for a dignified and abundant life for everyone." *Our Mission* - "To provide nutritious food that supports people in creating a healthy and better life."

For those of you who are in need, we will be here for you. For those of you who have donated so much in the past, however, you may find yourselves throwing your hands up, wondering how you can make a difference as the need increases. How can we possibly make a difference for all who are in need?

There is a story about a young boy who was walking along the beach. He noticed there were thousands of sand dollars washing ashore, and he dutifully began picking them up and throwing them back into the waves, one by one. A man who was walking by saw him, laughed out loud and said, Why are you bothering? Can't you see you cannot possibly make a difference for all of these sand dollars? The boy threw another of the sea creatures back into the ocean, turned to the man and said, I just made a difference for THAT one.

With gratitude for whatever you can do to help,  
*Rev. Dan Fowler, President*

*"Before this year I was never in need of help with sustenance. Now I am so utterly thankful for the help this food bank offers. It has made oftentimes difficult circumstances quite bearable. I have lost everything but Social Security and I am thankful for the help." - A Food Bank Client*

## THIRD TIME'S A CHARM

*City helps with Community Development Block Grant*

After our third year of trying, with the help of Fort Bragg City staff, we were awarded a CDBG grant which will enable us to replace our older walk-in freezer with a larger, more efficient one and to install a generator to keep us up and running during winter power outages.

## FOOD BANK GETS A "LIFT"



We were thrilled to replace our sagging ancient forklift with a strong and healthy used American-

made Hyster forklift through a generous donation from food bank benefactor, Betty Stechmeyer. Thank you, Betty!

## TIGHTENING OUR BELT

We've suffered cutbacks in funding from county and federal programs totaling \$7,000 this year. We are concerned about the possibility of further cutbacks as the government renews efforts to cut spending. We're asking everyone to let their congressmen know how essential our Food Bank is to our community.

We just spent the last of the funds from the



Vitamin Consumer Cases Fund which enabled us to buy extra-nutritious food for our clients. We would love to find a replacement funding source of \$7,500 so we can continue giving our clients a bag of brown rice or beans every week of the year.

These simple healthy foods go a long way toward staving off hunger.

## HOW YOU CAN HELP

- ❖ Send a check – big or small – anything helps!
- ❖ Pick up a case or two of food for the Food Bank next time you're at a big discount store.
- ❖ Bring us your backyard garden veggies. Too many zucchinis? Bring 'em on!
- ❖ Add an item to the Food Donation Barrel at Safeway whenever you shop there.
- ❖ Bring us your used paper or plastic grocery bags.
- ❖ Join our wonderful group of volunteers.
- ❖ Donate your collection of little motel soaps and shampoos – our clients love them!
- ❖ Collect food for the Food Bank at your church, work place, scout troop, book club or classroom.

*"God bless you. Thank you! I was hungry and you gave me food and hope." – A Food Bank Client*



The Fort Bragg Food Bank, PO Box 70, Fort Bragg CA 95437

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### MENDOCINO FOOD & NUTRITION PROGRAM – THE FORT BRAGG FOOD BANK

910 N Franklin St, PO Box 70, Fort Bragg CA 95437 \* 707-964-9404

Board of Directors: Dan Fowler (President), Thom Adams (Vice President, Secretary), Ginnie Claus (Treasurer), Glendie Johnson, Kristen Carr. Executive Director: Nancy Severy

We are a 501(c)(3) non-profit organization. Donations are tax-deductible. Tax ID#: 94-2577092.

Please make checks payable to The Fort Bragg Food Bank. We accept MasterCard & Visa

## Summer 2011

## Newsletter of the Fort Bragg Food Bank

### VOLUNTEER SPOTLIGHT



Big Mike, also known as **Michael Schmidt**, is a great asset to the Food Bank. Father of two and a

grandfather to boot, Mike has been on the coast since 1974. With a gracious smile and a heartwarming laugh, Mike is always thinking of new ways to help others (especially children). Mike's considerable experience overflows at the Food Bank whether he is running equipment, working on the food distribution line or just trying to find ways to be more efficient. Mike, thanks for all that you do!

*"Your food gets me through the week. I can't thank you enough!" – A Food Bank Client*

### WHO WE SERVE

At the Fort Bragg Food Bank we provide weekly groceries to 1,100 client households on the Mendocino Coast from Westport to Elk. Our clients include seniors, families with children, single people and homeless clients. It is our privilege to serve all people with dignity and without judgment.

### NEW FACES, FOND GOODBYES

Board president, **Howard Martin**, is retiring after many years of faithful service. Board member **Dan Fowler** has graciously agreed to carry on Howard's good work as president. We welcome new board members, **Ginnie Claus** and **Kristen Carr**.

Warehouse supervisor, **Lance Nelson** moved to Washington State to be near family. We'll miss him! We're most pleased to welcome new employees: **Jim DiMauro**, warehouse manager; **Holly Hawkins**, assistant volunteer/client coordinator; and **Doug Duncan**, driver.

# THANK YOU TO OUR TOP 2010 DONORS

Sharon DiMauro/Ft Bragg Advocate  
Kathleen Kohn Fetzer Foundation  
Dorine Real  
James G Cummings Foundation  
North Coast Artists  
Pacific Gas & Electric Co.  
Carol Young Brooke Foundation  
Do Gooders  
McDonald Roofing  
Dwain Ray  
Betty Stechmeyer  
Cornerstone Christian Fellowship  
Edna Miller  
Doug Hammerstorn/Diane Harris  
Dr & Mrs Strother  
Savings Bank of Mendocino County  
Cheryl Pogue  
Pase Trust  
Mendocino Coast European  
Betty & Rick McMillen  
Peter Lit/Darcie Mahoney  
Linda Kalman  
Hawthorne Timber Co, LLC  
Edward Jones  
Betty & John Cottle  
Bruce Conzelman  
Mike Anderson

Heidi Altvater  
Fort Bragg Ice Bowl Disc Golf  
Sharon Valenti  
Divine Assistants International  
Elizabeth Owings  
Walt McKeown  
Trinity Lutheran Church  
North Coast Brewing Company  
Frank Petersen  
J Lennox  
Thomas Coreu  
Betty Abramson/Charles Artigues  
North Coast Family Health Center  
William Bohannan  
Essentially Hair  
Steven & Patricia Zlatunich  
Understuff  
Team Insurance  
Jeanne Stoenner  
Mary & William Shepherd  
William & Linda Rohr  
Mary McNeill  
Howard Martin  
Ann Krase  
Bill & Barbara Knapp  
Mark Kline  
Robert Jones

Holiday & Christopher Johnson  
Claire & Charles Greenberg  
William & Lydia Edison  
Marya D'Abate  
Sharon Core  
Ron & Lola Brashear  
Orval & Joan Arnett  
Redwood Business Center  
Cap'n Flints  
Michele White  
Roslyn & Bruce Moore  
Mavis & Fred Moore  
Mendocino Friends Meeting  
Jay & Terri Hudson  
Oscar Erion  
Luna Armstrong  
Louise Rossi  
April Mason  
Chris Clutton/Fay Yee  
Robert Berring  
Lorraine Gomes  
Scotty Gingell  
Steve's Body Shop  
Mendocino Café  
Carolyn Lurie  
Valerie Brownrigg  
Joseph & Cimarron Ayres

We regret that we lack the space to list everyone who has donated so generously to us over the last year. So many caring community members gave slightly smaller but significant donations that their names would not all fit on this page. Without their collective contribution the Food Bank would truly not be able to run. Our sincere thanks to these regrettably unsung heroes! Only 2010 cash donors are listed above. 2011 donors will be acknowledged at a later date. We have not listed people who gave so generously through the Season of Sharing campaign as they were acknowledged in the Fort Bragg Advocate. We have made every effort not to list donors who wished to remain anonymous. If we have inadvertently mentioned any such donors, please accept our sincere apology and let us know so that we can correct our files.



A GREAT BIG THANK YOU  
TO OUR LOCAL BUSINESSES  
THAT DONATE SURPLUS FOOD EVERY WEEK

Together, these businesses donated 200 tons of food in 2010

Safeway  
Harvest Market  
Purity Market  
Colombi's Market  
Mendocino Cookie Company  
Thanksgiving Coffee  
D'Aurelio's  
Harvest at Mendosa's  
Corners of the Mouth  
Starbucks  
Café Beaujolais  
Mendocino Bakery  
CVS



THANK YOU TO THE FOLLOWING BUSINESSES  
FOR WEEKLY DONATIONS OF FRESH PRODUCE

Coastline Produce  
Mendocino Coast Produce  
North Coast Brewing Company