



VOLUNTEER VIEWS & NEWS

REGIONAL FOOD BANK

JULY 2012

This newsletter is dedicated to the volunteers of the Regional Food Bank. You help us provide much-needed food and other supplies to people in need. Thank you!

Volunteering Outside the Box

While most volunteers give of their time in the salvage room, the warehouse, and the farm, there are a number of volunteers who help out in the office, in the point-of-sale area and even as drivers.

Office work is sporadic for some things and regularly scheduled for others, such as the monthly Member's Guide mailing. The Member's Guide is sent to nearly 1,000 member agencies and includes information regarding available inventory, distribution dates, and upcoming workshops. The Guide is mailed out faithfully by a team of dedicated volunteers that includes **Norma and Bruce Weegar, Leroy Twiggs, Ann Cantore, Barbara and Roger Grasier, Jan Antidormi, Kathy Mattes, Thurman Myers, and Lorraine Okeson.**

Office work also consists of other mailings, computer input, filing and various projects to assist staff members. **Lee Adlowitz and Margie Morelli** enter volunteer counts into the monthly spreadsheets and complete mailings such as this newsletter. **Deb Morrison** assists Bob Baker, our Farm and Food Sourcing Coordinator, with data entry for food drive donations and Community Supported Agriculture (CSA) shares. **Linda Levandoski** works with Mollie Grow, our Development Assistant, to enter financial donations and mail out thank you/tax receipt letters in a timely manner. **Barb and Bob Christenson** enter statistics for agency monthly reports, and **John Goetz** helps out in the office whenever his east-coast real estate business has him the area.

Ted Thompson, who previously volunteered in the salvage room, donates his time to drive a truck for us, delivering food to our Columbia County Backpack sites each week during the school year. Before that he drove one of our monthly North Country distribution routes. **John Healey** is a new volunteer driver, delivering meals three days a week to our Albany County Summer Food Sites.



Jim Hutchison volunteers every Thursday in our point-of-sale area, distributing produce and other items to agencies on our busiest day of the week. In addition, Jim coordinates The Comfort Zone, a member pantry that distributes non-food items to low-income people in and around Canajoharie.

All of our volunteers, regardless of where they give their time, are members of our **Food Bank family**. They help us with our day to day work and allow us to reach more people in need. And for that, we are truly grateful.



2011 Annual Report Now Available!

The Annual Report features highlights from the last year and recognizes donors of time, talent, and treasure. Are you in it? If you would like to receive a copy in the mail, let us know. We'd be happy to send one to you!

Are You on our Mailing List?

If you would like to receive this newsletter and invitations to Food Bank volunteer events (like lunches, the BBQ, etc.) via the US Post Office, let us know so we can add you to our mailing list.

Regional Food Bank of Northeastern New York
965 Albany Shaker Road | Latham, NY 12110
518-786-3691, x234 | volunteers@regionalfoodbank.net

Please Join Us for our Annual BBQ

Friday, August 17 ♦ 11:30 a.m. - 1:30 p.m.
RSVP by August 10 to Kathy at 518-786-3691

COLONIE — The Regional Food Bank of Northeastern New York will sponsor free meals for children this summer as part of the Summer Food Service Program. Meals will be available Monday through Friday in Albany free of charge for anyone 18 or younger.

- Lunch will be provided at Sheridan Park at the intersection of Sheridan Avenue and Dove Street from noon to 1 p.m. June 26 until August 24.
- Breakfast will be provided at the Albany Boys and Girls Club at 21 Delaware Ave. from 8:30 a.m. to 9:30 a.m. June 26 until August 10. Lunch will be provided from 12:30 p.m. to 1:30 p.m.
- Camp Powerhouse at 320 Sheridan Ave. will also provide meals from July 2 until August 24. Breakfast will be provided from 10 a.m. to 11 a.m., and lunch will be provided from 12:30 p.m. to 1:30 p.m.

The Regional Food Bank will also offer similar programs in Amsterdam and Gloversville. For more information, contact Betsy Dickson at 786-3691, Ext. 233.



Summer Youth Volunteer Opportunities

Now that school is out and summer is underway, it's time to relax and enjoy the warm weather. But here at the Food Bank, the work is ongoing. To help get it done and accommodate students' needs to complete service hours, we have opened our summer schedule to youth volunteers (age 14+) in the warehouse and at the Patroon Land Farm.

In the warehouse, volunteer sessions are open from 9:00 AM to 12:00 PM Monday through Friday and 12:30 PM to 3:30 PM Monday through Thursday. Youth volunteers can work a morning shift or an afternoon shift or both. Hours at the Farm are from 9:00 AM to 3:00 PM every day. Youth volunteers may work as many hours as they like as long as they are scheduled in advance.

Proper attire is expected at both locations. Closed toe shoes are mandatory. No flip-flops or sandals are allowed. Clothing should be appropriate for a warehouse or farm - no super short shorts, low cut tops, etc. Be sure to wear clothes you don't mind getting dirty. All volunteer sessions must be scheduled in advance so we can prepare the correct amount of work. If for any reason a volunteer must cancel a session, advance notice is requested so we can adjust our plans for the day.

For more information about scheduling a session in the warehouse, contact Jackie Murray at 518-786-3691, x268. For the Patroon Land Farm, contact Laura Martin at 518-786-3691, x234. Or you can contact us via email at volunteers@regionalfoodbank.net.

Inquiring Minds Want to Know: Why Do Farmers Use Black Plastic in the Fields?

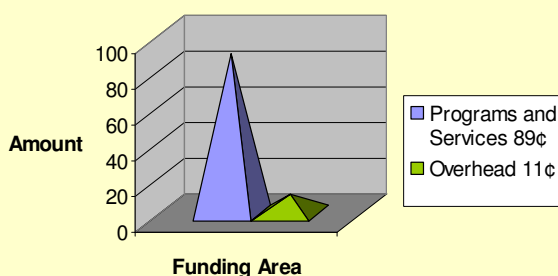


The use of plastic mulch has many benefits such as:

- Earlier planting dates
- Soil moisture retention
- Weed management
- Reduction in the leaching of fertilizer
- Reduction in soil compaction
- Reduction in root damage
- Improved crop quality

See for yourself by volunteering at the Farm. Contact Laura to reserve a shift: 518-786-3691, x234 or lauram@regionalfoodbank.net.

How the Food Bank Spends a Dollar



You can feel good about donating to the Food Bank.

For every dollar you give us, we spend 89¢ on programs and services and just 11¢ on overhead.