

SASKATOON FOOD BANK
& LEARNING CENTRE

NEWS

Jan/Feb 2019

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NEWS

Jan/Feb 2019

LAURIE O'CONNOR
Executive Director



What a wonderful and exciting year 2018 was, and as we look forward to 2019 we want to give it a warm welcome. It needs a warm welcome, because January is cold!! We have been so busy with hosting donors, saying thank you to supporters of the provincial association and to Nutrien for their large campaign over the holiday season! It was so much fun to have them all in the building. The Tree of Plenty campaign was very successful. At SFBLC we raised **\$501,399** and we raised **351,581 pounds of food!** A job very well done – thank you to every one of you for all you did to make this holiday season a resounding success! We look forward to supporting our community over the coming months with the wonderful donations we saw in December.

There are many fun-filled weeks over the next month or so, we have already started Canadian Tire Golf

Classic planning and Artists Against Hunger Art Auction is right around the corner in March! I'm looking forward to our first reconciliation event, our showing of Indian Horse, on February 6th. We are hoping for all staff to attend this important event and that a full house of community folks excited to see the movie at the Roxy Theatre.

HungerCount 2018 will finally be released at the beginning of February as we prepare to collect data for the 2019 year. Watch our social media for lots of information to share from this report, it will be a digital release this year and we will be interacting with that data online.

I'm excited to dig into the wonderful work we have ahead of us, as always, please feel free to show up at my door with lots of ideas, feedback or just to chat!

DEB HAMP
Director of Operations & Engagement

What a whirlwind few months it has been!

With another successful fundraising season behind us, we are looking forward to spring – which is just around the corner (okay, maybe not quite “around the corner” but that is the story I am telling myself in this alarmingly frigid weather!)

I think it is fair to say that we have all experienced some trying times over these past several months. That is the nature of any workplace, an ebb and flow. Some days are great, others may be harder for people, for many reasons, or for no particular reason at all. Our work moves along at a pace that is somewhat unique to social profits, and quite often the days go by so fast that we are left wondering if we actually accomplished anything at all! When the winter does begin draw to a close, we often

see a renewed sense of hope and optimism in our organization, and within our community.

And then... when we look around, and we see what everyone has done together, we hear stories from staff and participants, from volunteers and from donors, about the impact the SFBLC has in people's lives. These are the stories that remind us on any given day, that our team creates magic. When we are able to see beyond the day to day frustrations, and operate with a shared vision, our organization does its best work, both behind the scenes and on the front lines.

And so... a big **thank-you** to all staff for everything you do every single day to bring the best of yourselves to one another and to our community.



JOLENE ZIDKOVICH
Director of Community Development

Welcome 2019 and the Year of the Pig! I hope the new year has started strongly for everyone... to think, we are already 1/12th through the new year! Hopefully everyone has caught their breath from the Tree of Plenty and are ready to move on to all the exciting events in the upcoming months, including Artists Against Hunger Art Auction (March 23), City Wide Food Drive (May 4), and Canadian Tire Golf Classic (June 20). In the meantime, we will take some steps on our organisational path of Reconciliation with the REDress dedication on Feb 1 (www.theredressproject.org) and the SFBLC's free community screening of Indian Horse at the Roxy Theatre on Feb 6 (www.indianhorse.ca). The Saskatoon Poverty Reduction Partnership's "12 Bold Ideas to End Poverty" plan for eliminating poverty in Saskatoon will be released on Feb 7, which will have implications for our work and consequentially, impact on our community. More to come after that release.

We are thrilled to have Pam Lewis supporting various initiatives and projects while she completes her FNUC Indigenous Social Work Practicum with us, Emma Chen on board coordinating the Community Volunteer



Upcoming Events



Income Tax Program (clinic opens March 4), and Nikki Moggey back and supporting participants as the new Employment Transitions Coach.

Grant applications are in process for the Garden Patch and YXE Connects, while we explore how we might reach and teach community youth through our new "Kitchen Mentors Program" scheduled to run in the spring until June 30. We enjoy our last weeks with this outstanding cohort of Workplace Experience Program participants, while we welcome a motivated new cohort of Literacy Participants within the Creating Opportunities Strategy. With the cyclical nature of our work, I'm reminded of Joni Mitchell's lyrics from 'The Circle Game': And the seasons they go round and round/ And the painted ponies go up and down/ We're captive on the carousel of time. While a lot of our work is indeed annual and cyclical, I am also enthused by every day bringing its own unique situation, visitor, or surprise to our work, and I'm inspired to continue riding on the carousel into 2019 with this strong and dedicated team. Wish everyone a joyful, healthy, and fulfilling year ahead!

KELSEY DRAYTON
Volunteer Coordinator



From Kindergarteners to cooperate groups, the volunteer program was sure abuzz during the holiday season! The show of support and engagement from the community was amazing—many individuals and groups offered to lend a hand through volunteering in our warehouse and clothing depot, and for the number of special events throughout December. So many, in fact, that some groups held on to that Holiday spirit a little bit longer, to help us out in January when December's schedule filled. We saw visiting groups and volunteers from numerous schools (from pre-K to university level!), Telus, Jump.ca, the Ministry of Social Services, Child and Family Services, Maternal Health Services, Tourism Saskatchewan, the Serious Academy of Hockey, Microchip, CBRE, our own Literacy participants from upstairs, and more! Christmas Hamper Day was also a special time, drawing out many individuals

and small groups to help for the day, including the Kinnettes (who again brought a wonderful donation of warm winter gear to give out), and the Aqualenes (who served double duty and also assisted with unloading for Stuff the Bus). With so many volunteer hands on deck, it took a lot of help from all departments to help with coordinating and keeping the volunteers busy—a huge shout out to everyone who helped to make this happen! From helping with corporate tours, reading stories to visiting kindergarteners, prepping and assigning volunteer tasks, welcoming groups, walking groups to the depot, and so much more! It really means a lot to have everyone welcoming

and engaging with volunteers, especially when there were so many coming through. We came up with some creative solutions to some interesting group requests, and I definitely could not have swung it without everyone's help!

The days following Christmas was a great time to engage students looking to fit in some last minute service hours. Not only were they able to complete work towards their hours, but we were able to keep things rolling while some regular volunteers took time away to be with their families during the holidays.

January was slow in comparison to the busy months prior. I've been able to dedicate more time to daily tasks, catch up, and attending some educational seminars and trainings! We've also welcomed a new volunteer, Susan, to assist with some lunches, and had the skilled contributions of the Go-2-Guys for their volunteer carpentry work on multiple projects in our space.

I'll be kicking the month of February off by attending a volunteer fair on February 1st.



GARNET BAIRD
Warehouse Manager

December has come and is gone; all events went really well. Warehouse Staff have completed a lot of tasks these past months, thank you boys for your dedication and hard work that you've done very well. GoTo Guys contractors made a big splash happening here this month doing wall, ceiling repairs and extending the water line in the warehouse for easy access, previously we had to use an extension ladder to turn the water on.

Thank you, to all the corporate and volunteers for a phenomenal job in this busy season:

- Northern Quinoa
- Legacies Farms 25 cases of ground beef
- Dubes', generous yearly donation of apples and oranges
- Robb of Thomas Fresh who generously bagged potatoes donated from Jan Kunst of Dutch Potato Farm for Hamper Day
- Jules Calyniuk meat donations throughout the year
- Loraas Disposal bringing an extra recycle bin over the holiday season
- Northern Prairie stopped by and donated 2 skids of turkeys and a skid of hams.
- Maple Leaf Foods meat donations throughout the year
- Federated Co-op Limited weekly donations



Since October 2018 we've been working with Maple Leafs Lean Team's Six Sigma program. They've helped us to set goals to improve all processes with different techniques and tools for greater productivity. It follows a defined sequence of steps and has specific value targets. We are in early stages of implementing these new processes and already seen a huge difference in the warehouse.

We've improved the back work area with some renovations, upgraded the lighting, and purged to make more room.

EMMA CHEN
Community Volunteer Income Tax Program Coordinator

I joined the SFBLC team in the most joyful season and received the warmest welcome. Taking over a program from scratch was not easy but I was very lucky to have the whole SFBLC team by my side and get advice and pointers from many of my collaborative co-workers.

The CVITP saw a great start this year. Our sponsors –CIF, Affinity and Denison Mines– continue to contribute to the program. We have welcomed back enthusiastic volunteers from last year and some more first-year volunteers to join our amazing team. Thanks for their passion and willingness to help; we are reaching our volunteer recruitment goal for this year – 40 volunteers! Right now we are getting ready for the training sessions and looking forward to the new achievements of this year's tax clinic!



With saying goodbye to January, we are gearing up for a busier few months ahead! The CVITP is looking forward to the new challenges and opportunities!

SHELDON DIMOND
Client Services Manager

December has come and gone and January isn't leaving without a fight! Despite the freezing cold temperatures Client Services has been bustling! We would like to extend special thanks to our wonderful Warehouse staff for jumping in to help when needed!. We greatly appreciate it!

Christmas Hamper day was a success and we couldn't have done it without our superb volunteers and fabulous staff! The new registration system held up and worked wonderfully. We know this special day will only improve in the years to come.

The door decorating contest definitely added some fun and joy to Client Services, and we couldn't have done it without our amazing participants Asha and Ezra! We would like to congratulate the Workplace Experience Program for winning!

We are sad to say goodbye to Katie who has been a delightful asset to Client Services these last few years and we wish her all the best as she enters the world of academia! We are excited to welcome Shelley as our newest member in Client Services. Shelley hails from our Volunteer Income Tax Program where she is the Community Volunteer Income Tax Co-ordinator Assistant and is settling in nicely.

"What good is the warmth of summer, without the cold of winter to give it sweetness."
-John Steinbeck



CHANTELLE TUTKA
Clothing Depot Manager

This month at the Clothing Depot we said a very happy come see us soon to Marie. She obtained a position as an Early Childhood Educator with the YMCA. We are so very happy for her! Tara, Xiao-Yan, and Sharlena continue to work hard and take on new responsibilities. Way to go ladies! Claudia has joined the team at the Depot while Jasna is on leave. Welcome, Claudia!

Adrian has graciously partnered with the Clothing Depot once again to offer seed packets (as well as instructions on how to plant them) to the community. These are a big hit!

The staff and participants at the Depot created a new staff "lounge" area as well as a coffee station area. It's nice to have a space for everyone that is away from the hustle and bustle.

We have received many garbage bags, Ziploc bags, and full bottles of detergent and have been able to bundle these or offer full, not broken down, items to the community. It's nice to see these items finding homes quickly.

We are once again short on hygiene supplies such as shampoo, body wash, and deodorant.



ADRIAN WERNER

Urban Agriculture Program Manager

There is only one priority during January and early February in the Urban Agriculture department: grant writing. There is a laundry list of grants to write including TD Friends of the Environment Fund, Canada Summer Jobs, Food Banks Canada, and the Saskatoon Community Foundation. This short burst of fundraising will allow the program to have another successful growing season and do some exciting new things.

As January shifts into February gardeners start to be antsy to get into their gardens. The good news is that we can work off some of that listless energy by starting seedlings. We have already distributed a batch of seeds to the Clothing Depot with instructions so new gardeners know what to do. It is a good time to start flowers like pansies, snap dragons, and herbs like rosemary and thyme. We have some other exciting things on the go this month. We are working with students from an Agriculture Business class to identify hireable skills we can teach at the Garden Patch. Numbers are also starting to come in from the Garden Patch's social return on investment analysis that a U of S nursing student is doing for us.

I find that January is a great time to get outside. In that spirit, here are **35 low-cost or free activities you can do to have some fun outside this winter:**

1. Bundle up and go for a walk
2. Go for a bike ride (or bike to work)
3. Go skating at the Cameco Meewasin Skating Rink
4. Go bird watching, see if you can find 10 species of birds
5. Jog outside
6. Have a snowball fight
7. Find a sheltered place in a forest and listen to the sounds of the wind
8. Go tobogganing
9. Dog watch at the Sutherland Dog Park
10. Walk through the ice sculpture at the Farmer's Market (made by a SFBLC volunteer!)
11. Shovel snow for a neighbor
12. Take photos of winter scenes on your phone
13. Play crokicurl in front of the Broadway Roastery (until Feb 24th)
14. Pour hot maple or corn syrup in some clean snow and make snow candy
15. Build a quinzhee in your yard or in a park (ask Adrian how)
16. Have a fire in one of Saskatoon's fire pits
17. Toss a cup of boiling water in the air on a cold day and watch it steam! (Just be careful not to burn yourself)
18. Eat something outside. Notice how the food tastes different outside versus inside warm.
19. Make a snow angel
20. Write a friendly message in the snow
21. Look for jackrabbits along the Meewasin valley trails (look in friendship park)
22. Build a snowman (pretend its Parson Brown?)
23. Climb to the top of a snow hill to get a different view of the city
24. Imagine snow hills are mountain ranges. Lie down beside a ridge and imagine you are looking at the Rockies!
25. Watch the river flow over the weir
26. Play a sport in the snow (soccer, baseball, volleyball, etc)
27. Make an ice candle/ice lantern. Put a tea light in it. Put it somewhere outside (that is fire safe)
28. Make a snow fort
29. Look for ice sculptures downtown

*"How coldly burns our sun! One would say its rays of light are shards of snow, one imagines the sun lives upon a snow crested peak on this day."
-Roman Payne*

30. Notice footprints in the snow, how are they different. What can you tell about someone from their footprints? How fast are they walking? Are they taller than you? What kind of shoe are they probably wearing?
31. Trudge through deep snow as fast as you can
32. Be a snow scientist: dig a snow pit. Describe the different layers you see.
33. Look for porcupine bight marks on branches around the university
34. Find the warmest place you can that is still outside
35. People watch: what are people doing outside? Are there people who seem happy to be outside? Are there people who look particularly miserable outside?



Look how great these new chairs look in reception. Thank you Broadstreet Properties!

BELLA JOSUE

Office Administrator

Yes I made it! Well with a blink of an eye, my first Christmas season has been the most memorable experience since the beginning of my career at the Saskatoon Food Bank & Learning Centre. As we buckled down, we shifted and embraced the busy fundraising season.

At reception it has been extremely busy with our wonderful donors who phoned in or dropped by and offered their unconditional support to our organization and our community. For some of us, Christmas is the toughest time of the year in our community; many are struggling to make ends meet and others are putting up their Christmas trees.

This time of year is extremely stressful for those who access our services, trying to navigate and stretch their money to pay bills and perhaps buy gifts for their kids. As we always we're here for those who need our help, we have to remind ourselves to always be humble and kind to one another as we serve our community during this busy and stressful time. And to always be compassionate at all times.

Lastly, I would like also to extend my heartfelt gratitude to Katie for doing such an amazing job helping me at the

AMBER CLARE
 Creating Opportunities Program Manager



Workplace Experience Program participants enjoying class time.

Just as December was a crazy whirlwind of activity, community engagement and fundraising for all of the SFBLC, so it was for Creating Opportunities! Our Workplace Experience Program (WEP) participants were able to participate in the business of the season and had a well-deserved one week break to recover.

All of them appreciated being invited to community activities to represent the SFBLC, and I am very grateful that our team of staff have really enveloped these participants and have been building them up in the areas that they are gifted in. All 12 of them returned from their Christmas break and have hit the ground running as they start to consider what their next steps are once the program is over. In the first weeks of January we already had one participant exit to the program into a Full-Time Daycare Provider position! The final day for the Fall 2018 Session WEP participants is February 15th, so we both dread that day (because we have to say goodbye) and welcome it (as they move on to tackle their next big move)!

The recruitment process for the Spring Session of the WEP is in full swing right now, with 61 individuals signed up. We should have our final 14 picked out in

the first week of February, and those participants will begin the program on March 4th.

The Literacy Program finished the Fall Session in December with only three of our original Fifteen participants completing the program. While we definitely saw those three people make great strides in their goals, it was also a little disheartening to see such a steep drop-off. In preparation for the January intake for the Spring 2018 Session we really didn't know what to expect, but we were pleasantly surprised to have a high number of people show interest in the Literacy Program and have had a very successful first three weeks with 13-16 individuals participating daily. We are really putting a lot of extra effort into this group to remain committed to the program and are hoping that weekly volunteering in other areas of the SFBLC will help to increase their sense of belonging. With the return of Nikki Moggey from maternity leave, we have also been able to provide additional workplace essential skill support to the new group of Literacy Participants. February will be a full month of learning, training and community involvement for the program, and we are looking forward to getting to know the participants better.

SHAUNA MORRISON
 Communications & Event Coordinator

It's hard to believe that it's already February 2019! I have a feeling that this year is going to fly by. The days/weeks/months fly by here quicker than anywhere else I have ever worked.

So much happened during the Tree of Plenty season. Here are a few of my favourite moments over the past few months...

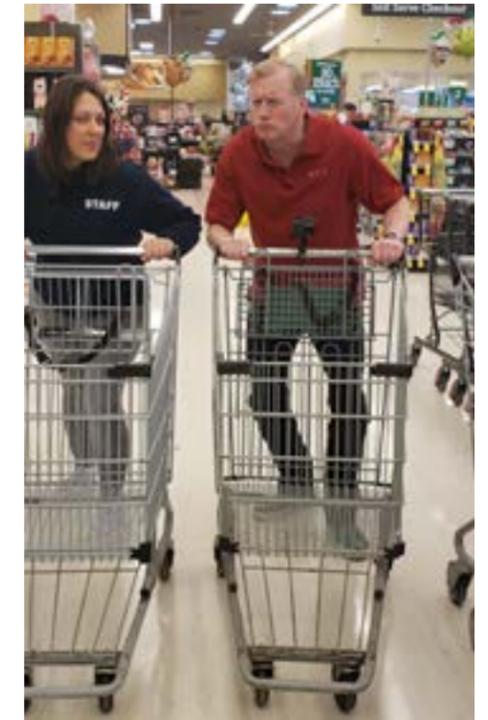


Stuff the Bus 2018 at the Saskatoon Co-op (8th Street location). Raising \$176,800 with the Nutrien Match.



Jolene and Jeff Rogstad dashing for groceries at Sobeys in Preston Crossing. I specifically enjoy their games faces in this picture.

We had a great time with the RUSH when they came to volunteer.



Sobeys and Safeway matched every dollar donated by the public during their Joy of Giving Campaign—bringing the total to \$49,214!

It was great welcoming Kallie and her dad back to the SFBLC for the fifth year. Collecting food and household items has become their favourite Christmas traditions.



G LAST QUARTER

Most searches from these areas:
S7K S7M

Web visits from Google listing:
870

Directions requests:
1,200

OH&S CORNER

No submission received.

SOCIAL UPDATE

Congrats to Char (Creating Opportunities Workplace Experience Program participant) and Maggie Eastman (former WEP participant who joined us for a few months as an intern) for winning the coveted "BEST DECORATED DOOR OF 2018!"

UPCOMING THEME DAYS:

February 7-14: Candygrams

Our Candygrams theme was such a hit last year that we decided to bring it back this year!

For only \$1, staff and participants can write an anonymous note to another staff/participant. On February 14, all notes (and a piece of candy) will be delivered.

TRC COMMITTEE

Our TRC Committee is partnering with Roxy Theatre to offer a free viewing of Indian Horse on February 6, 2019.

6:15 pm Doors Open

6:45 pm Smudge Ceremony

Smudge Ceremony before screening. Indian Residential School Survivors will be recognized.

Seating reserved for survivors and elders. Trauma counselors will be on site

LET'S CELEBRATE!

Happy belated birthday to Laura Pizzezy and Sheldon Dimond!

Jan 1 HBD Brendan Kolebaba!

Jan 6 HBD Deb Hamp!

Jan 13 HBD Anna Hopkins!

Jan 31 HBD Garnet Baird!

Feb 7 HBD Nikki Moggey!

Feb 15 HBD Graham Anderson!

Feb 19 HBD Lorri Baird!

We're celebrating a few anniversaries!

Steve Ellis: Dec 3, 2013

Chantelle Tuka: Dec 5, 2016

Graham Anderson: Jan 24, 2011

Kelsey Drayton: Feb 6, 2018

Jolene Zidkovich: Feb 8, 2016

UPCOMING EVENTS:

Feb 6

Free Community Viewing of the Indian Horse (Roxy Theatre at 6:15 pm)

March 23

Artists Against Hunger (TCU Place)

May 4

City Wide Food Drive (City Wide)

June 20

Canadian Tire Golf Tournament (Willows)

