

CAMPUS FOOD BANK TIMES

-December 2011-
Volume II, Issue IV

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ROUGH COPY

Plus:

The CFB's 20th Birthday
Sponsor of the Month
Movember at the CFB
...and much more!

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If you would like to submit a story to the Campus Food Bank Times, or if you have any ideas for future issues then please contact our Editor, Allyson at seeney@ualberta.ca

Staff Corner

Question of the Month:

"If the other staff members were animals, what would they be?"



Ashley

"Jen would be a chickadee, Nehal would a sphinx."



Nehal

"Jen would be a chipmunk because she's super cute and her voice gets high when she's excited. Ash would be a little puppy because she is so loyal to the CFB and has tons of energy!"



Jen

"Ashley reminds me of an eagle, and Nehal reminds me of an emperor penguin."

FUTURE EVENTS

The CFB Farewell P-Party	December 2nd
The SU Services Ugly Sweater Party	December 2nd
The Fast and the Studios	December 5th and December 6th
Holiday Photo Booth at the CFB	December 5th to December 9th
TL Application Deadline	December 16th
WeCan Food Basket Pick up	December 16th
Last Operational Day	December 23rd
Emergency Hamper Days	December 29th and January 5th

HUNGER AWARENESS WEEK 2011

NOVEMBER 21 to 25



What Chu Know Bout' Hunger?

Written by Hanson So

Last year, the U of A Campus Food Bank helped feed **Week**. After viewing our volunteers' world class

our table. We also created a **Hunger Wall** which displayed statistics about CFB service and provided space where passersby could leave their feedback about "what they hunger for". These engaging tabling activities were very successful. We gave out over 250 popcorn bags and collected over 175 comments on the Hunger Wall.

We would like to thank everyone who contributed to making CFB Awareness Week a success. This includes all the volunteers who helped for tabling and participated in the CFB Flash Mob. We also want to offer our special thanks to Allyson Seeney, Kate Rolf, Inna Dymouriak, Selestia Herrera and Josh Brochu for creating the Flash Mob dance. Thanks to Rob McDougall for designing the Mascot posters and thanks to the CFB staff members for their support and encouragement throughout the week! Congratulations to the CFB Awareness Committee for an outstanding job!





Happy 20th Birthday, Campus Food Bank!

On November 22nd 2011, the volunteers of the Campus Food Bank participated in a Flash Mob to spread awareness for our organization during CFB Awareness Week. Afterwards, we ate some delicious cake to celebrate the 20th birthday of the CFB!

The Story of Stuff

Written By Allyson Seeney



On Thursday November 17th, 2011 The University of Alberta's Office of Sustainability hosted the first lecture in their 2011 Sustainable Speaker Series. Annie Leonard, an American advocate for sustainability, delivered an inspirational and engaging talk about contemporary environmentally friendly living practices, consumerist society and her viral film documentary titled "The Story of Stuff."

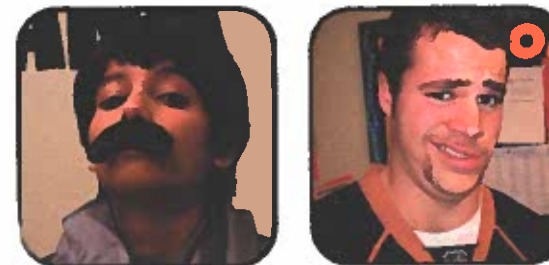
The University of Alberta Campus Food Bank would like to thank the Office of Sustainability for partnering with our organization for this event. Proceeds from ticket sales were donated to our organization. In addition, attendees were encouraged to bring food donations for a chance to win prizes. We look forward to the rest of the Sustainable Speaker Series!

Movember at the CFB

Written By Josh Brochu



Check out these...



... 'awesome' mustaches!!



In recent years, Movember has become more and more popular on a global scale. This year several CFB volunteers participated in Movember with team "CFB Fuzzy Caterpillars." Our team members were Salman Ahmed, Colby Brochu, Adam Mildenberger, Josh Brochu, Ben Feldman, Phil Doody, Wes Nishi, Janelle Smiley-Wiens, Patrick Lavoie, Shelby Vincent, Allyson Seeney, Tanishka Gupta, Andy Williams, Michael Watmough, Arvin Abedi, and Nick Good. These selfless individuals grew a mustache (or tried, in the case of the ladies) to raise funds for prostate cancer research. Our top fundraisers were 1) Salman Ahmed with \$343.34, 2) Colby Brochu raising \$204.34 and 3) Adam Mildenberger who raised \$143.34. Thanks for all of your support this year! Altogether, **team CFB Fuzzy Caterpillars raised \$977** for this wonderful cause - outstanding! We would also like to extend a special thanks to Brooke McMilan for baking Movember themed cupcakes, with all of the proceeds donated to our Movember fundraiser.

Mustache season is now closed! Thanks for participating and for your support during the month of Movember!

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Question:

"Who do you think has the best Movember mustache at the CFB?"



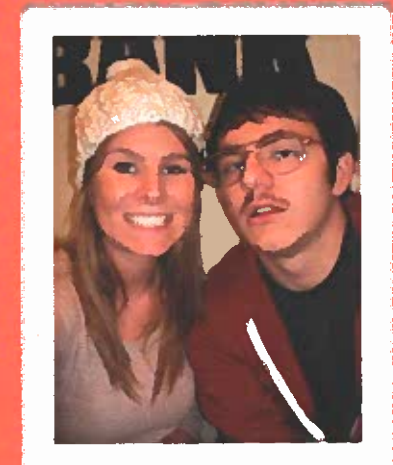
Susan Amer:

"I voted for Allyson. Obviously she has the most impressive mustache ever. Ally is such a catch."



Kristen Sabourin:

"Arvin's mustache might be the most horrific thing I've ever seen. It makes me want to cry. And it scares little children Please shave it off."



Your Votes Are In!

And it's a tie!
According to our volunteer base, Team Leaders Arvin Abedi and Allyson Seeney grow the best mustaches at the CFB!

Volunteer of the Month: Phil Stachnik

Congratulations to **Phil Stachnik**, our November Volunteer of the Month! Phil began volunteering at the CFB during the Spring 2011 semester and he has made huge contributions to the CFB ever since. Phil is always a delight to have around the office with his enthusiastic attitude and fun personality. He is always willing to help out around the office and do whatever is needed. On top of his two shifts this past month, Phil spent countless hours at the CFB office either sorting through food donations after Trick or Tr(eat) or tabling during Hunger Awareness Week. In addition, he has also attended numerous CFB events such as the Dinner and Movie Night. Thank you Phil for being an awesome CFB volunteer!

Written By Martina Sung



Thank you for all of your hard work, Phil!

Congratulations on being named as the CFB's Volunteer of the Month for November 2011!

Referral of the Month: Safewalk

Written By Martina Sung

Doing some late night studying at school? Not feeling up to walking alone at night? Then call up Safewalk! Safewalk provides a safe alternative to walking alone at night around the campus community and beyond. Their service is free of charge and is available to any member of the surrounding community. To use their services either call **780-4-WALK-ME (780-492-5563)**, visit them at their office (**Room 030-E SUB**) or just approach a patrolling team on the street. You can't miss them in their characteristic bright yellow jackets! Safewalk patrolers will always be in a team of 2 and will meet you and walk you anywhere within their boundaries. For more information please check out their website at:

<http://www.su.ualberta.ca/services/safewalk/>



Date Night at the CFB!

Written By Josh Brochu

With the month of November winding down, Internal Committee held a social night at Urban Diner, a restaurant just to the East of campus. The night was a huge success, with around 25 volunteers, team leaders, and staff members joining in on the festivities. The initial plan was to head across 109th street to catch a movie at the Garneau theatre, but everyone was having too good of a time to leave. The event afforded a rare opportunity to get to know staff, TLs, and shift-mates outside the Campus Food Bank, and strengthened the CFB family. Thanks to everyone who came out and made this event such a great time!



December Board Report

On December 1st, the Campus Food Bank board met for the monthly meeting. There were a few topics that came up from recent events around the office that were then brought up to the policy committee. These topics included the **handling of private information** and **working alone** in the office. The board has decided to revamp the **strategic plan** as part of the 20th year birthday of the Campus Food Bank. This is a document outlining the short term and long term goals of the Campus Food Bank. Also we are **looking for volunteers that have a second language** under their belt to help out with a **new ad campaign** the Campus Food Bank would like to create. The hopes of this would be to reach out to clients that have **English as a second language** by providing them with information about the Campus Food Bank in their native language. If you are interested in helping with this, please let Ashley know.

Adam Mildenberger
CFB Volunteer Representative

Meet A Team Leader!



My name is Danieska Gonzalez, though I go by Dani. I like it better. I'm currently in my second year of Business with a major in International Business. I'm a Latina from Venezuela - so, I really like to dance to Latin music. But I don't think I'm that great at it. Regardless, I have an affinity to teach it. I've been volunteering at the CFB for two years and I have loved every single moment of it. It gives me the feeling of being part of something transcendent as well as it's the perfect place to share and meet other people. I <3 CFB!! PROUD TO BE A VOLUNTEER!

Sponsor of the Month: Safeway

With Terry from the Safeway Distribution Centre

CFB: Please tell me a little about Safeway Distribution Centre.

Terry: The Safeway Distribution Center in Edmonton is our main distribution facility for Alberta. We have a number of separate facilities dedicated to specific types of product, such as Groceries, Produce, Milk, and frozen products, but co-ordinate most of the deliveries from our main warehouse on the Yellowhead Trail. From here, deliveries are also made both to Safeway stores, and many independent customers, to northern Saskatchewan, large areas of B.C., and up into the Territories.

CFB: How did Safeway Distribution Centre begin partnering with the Campus Food Bank?

Terry: Part of my job description is to monitor and deal with issues having to do with dated product. In order to assure our customers have adequate time to consume the items they purchase, we keep a close eye on the 'best before' dates on many items. If they do not meet our guidelines, I have been authorized to distribute them to various charitable organizations, for immediate consumption. One of my contacts, Gert at the Leduc Foodbank, was helping me brainstorm one day, as I needed help finding other organizations that could pick up some of our excess, when she mentioned that you could be a possibility. We made contact, and it seems to have worked out nicely.

CFB: Why do you personally/does Safeway believe it is important to support the local community, and specifically the Campus Food Bank?

Terry: Safeway has always been a part of community efforts to provide food and assistance to those who have special needs. We support, and provide supplies for many of the initiatives in our city, that are helping the under-privileged. Many of our employees regularly throw themselves into action as volunteers, with almost every organization.

By myself, I can do little, but due to my position at Safeway, I am able to help 'feed our city' in ways that I could not begin to do otherwise. I get great satisfaction out of knowing that I have lightened the load of those in need, if only in a small way.

CFB: If you could be a superhero, what would your superpower be?

Terry: I think that super-speed would work for me. There is not enough time in the day to do all the 'needed things', and still be in a position to help others the way we would like to. If one could 'zip through' the standard stuff of life, you could spend quality time helping to make a difference in so many ways.



The Campus Food Bank would like to extend our thanks to the Safeway Distribution Centre for their generosity and continued support! Congratulations on being named the CFB's Sponsor of the Month!



Upcoming Scholarships

Written By Jen Nguyen

Dr. Gary McPherson Leadership Scholarship

Value: 100 awards of \$2,000 each

Eligibility:

Applicant must:

- Be a Canadian Citizen or Permanent Resident
- Be currently living in Alberta
- Be enrolled full-time in a post-secondary program: undergraduate, graduate, apprenticeship, diploma, or certificate program at a designated Alberta institution

Application:

The Dr. Gary McPherson Leadership Scholarship application form can be found here: <http://alis.alberta.ca/hs/fo/scholarships/info.html?EK=2967>

Deadline: February 1st 2012

Elmer and Ona Hansen Memorial Fund Scholarship

Value: \$2,000

Criteria: Must be a rural farm resident in Alberta. Community involvement must be shown along with a desire to pursue post secondary or trade education away from home. GPS of 3.0 must be maintained

Deadline: December 31st 2010

Nine Lessons and Carols

Written by Ashley Seibert

The Festival of Nine Lessons and Carols is an annual Christmas Concert put on by the U of A Chaplains, the U of A Mixed Chorus and the Education Handbell Ringers. It was a beautiful evening of Christmas carols and readings from the bible to recreate the nativity through word and music. Members of the U of A Board of Governors including President Samarasekera were on hand to help narrate the evening's program. All proceeds from the event benefit the Campus Food Bank! Jason Wong (Board Chair), Ashley Seibert (Executive Director), and Edmon Rotea (former staff member and lifelong friend of the CFB) were present at the event with the CFB trifold and a donation box to collect any additional monetary or food donations that attendees brought. The event's total proceeds have not been calculated yet, but we collected 43 lbs food and \$280.69! Special thank you to Richard Reimer and Matthew Durham from the U of A Chaplains' Association, and to all the event organizers, choir members and handbell ringers! Matthew is a CFB Board member and he did a wonderful job narrating the evening's program. **On behalf of the CFB, thank you to all involved for warming our hearts and getting everyone in the Christmas spirit!**

Holiday Recipes!

December is finally here, CFB volunteers! Soon the term will be over and we will be able to relax and stuff our faces with holiday treats! This month is all about good food and decadence, Try out this delicious and easy chocolate pecan pie bar recipe to help you fuel your studying for finals or to share with your friends and family over the holidays. Or, get into the holiday spirit with these delicious brownies! They are very moist and fudgy and with a hint of refreshing peppermint flavor! Happy Holidays! - **Brooke McMillon**

Chocolate Pecan Pie Bars

Shortbread Crust Ingredients:

1 and 1/2 cups all purpose flour
1/2 cup butter, softened
1/4 cup brown sugar

Pecan Pie Filling Ingredients:

3 large eggs
3/4 cup corn syrup
3/4 cup white sugar
2 Tbsp. butter, melted
1 tsp. vanilla extract
1 and 1/4 cups semisweet or bittersweet chocolate chips or chunks
1 and 1/2 cup roughly chopped pecans



Directions:

Preheat the oven to 350 degrees F and grease a 9"x13" baking pan with butter or nonstick cooking spray. For the crust, combine the flour, butter, and brown sugar in a large bowl with a pastry blender or two butter knives until it is crumbly and no large chunks of butter remain. Press the mixture evenly into the prepared baking pan and bake for 12-15 minutes, or until lightly browned. Remove from the oven and place on a wire rack while you prepare the filling.

For the filling, combine the eggs, corn syrup, sugar, butter, and vanilla in a large bowl and beat with a wire whisk until combined. Stir in the chocolate chips and pecans. Pour evenly over the baked crust and return to the oven to bake for 25-30 minutes, or until the top is browned and the pecan pie layer is set. Remove from the oven and cool on a wire rack for about 20-30 minutes. Cover and place in the refrigerator for 1-2 hours, or until the bars have completely cooled before cutting into small squares. Store in an airtight container at room temperature or in the refrigerator.

Holiday Recipes!

This recipe is quick and nutritious! Perfect for a fast dinner when you are studying during exam week. I hope that all of our volunteers have a very Merry Christmas! Enjoy! - **Erin Kinsella**

Zucchini and Parmesan Spaghetti

Makes about 4 servings

Step 1: Set a pot of water to boil for a handful of spaghetti, adding a teaspoon of salt to the water.

Step 2: Thinly slice a zucchini lengthwise into thin strips.

Step 3: Pan fry the zucchini strips on medium heat until tender. Add a bit of oil to the pan so they don't stick together.

Step 4: Mix with a sprinkling of parmesan cheese, Italian spice blend (marjoram, oregano, basil and sage), salt and pepper.

Step 5: Once the pasta is cooked, drain it and add to the zucchini. Serve immediately

*If you want to add other veggies, such as peas or spinach (as pictured) simply toss those veggies into the pasta water a minute or so before the pasta is done





Happy Holidays CFB Volunteers! See you in January!!