



# HARVEST

*nourishing our communities*



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# MESSAGE FROM THE PRESIDENT & CEO

HarvestManitoba.ca



*Friends,*

I am honoured to join Harvest at this critical time for our community. As you know, this pandemic has been in many ways the perfect storm for Harvest Manitoba. In the spring of 2020 we saw food donations and volunteer hours drop by 2/3rds and our needs increase by 30%. Thanks to the hard work of our Crew, our partners and the generosity of Manitobans like you, we were able to weather the storm with many lessons learned.

One critical lesson is that our number one priority now must be on making Harvest Manitoba a stronger and more resilient organization. COVID-19 will not be the last crisis we face, and when our community needs us, we need to be there, ready to serve, able to meet the needs of the hungry. Thanks to your help we have managed our way through this crisis for now, but there is still more to do.

In these past months the vast majority of Manitobans have made the right decision to get vaccinated against COVID-19. On Oct 25th, Harvest Manitoba made the decision to implement a vaccination policy in our facilities. We are working with our staff and volunteers to ensure vaccine compliance ahead of our busiest holiday season. To our partners, donors and visitors, we will ask that you show proof of vaccination to enter our facilities. The responsibility that Harvest has to feeding over 80,000 Manitobans every month, half of them children, is simply too great to do anything less than all we can to protect our health and safety.

We bring in this policy so that we can welcome back our friends and volunteers into our warehouse this holiday season. We need your help to pack our hampers and keep food moving on to the tables of hungry families around our province. If you are fully vaccinated, please consider volunteering with Harvest to help us over the holidays. If you can make a donation of cash or food, we need that support as well.

Thank you for all your support and I hope to see you soon,

Vince Barletta  
President and CEO



We are a community of Harvest Stars!





# Nominations Welcome!

*We are a community of Harvest Stars, giving and receiving so no Manitoban goes hungry.*

*We want to capture and share stories of food recipients and those who impact their lives through donations of food, time and money. If you have a memory, kindness or story to share, please send it along.*

*Nominate yourself or someone you know. We are a community of Stars, and we feature one every month!*

*Submit your story, with or without a photo and a member of our communications team will be in touch with you! ☆*

Email: [Communications@HarvestManitoba.ca](mailto:Communications@HarvestManitoba.ca)

or visit: <https://www.harvestmanitoba.ca/stories/share-your-story/>



## **DISABILITY DENIED, NOW WHAT**

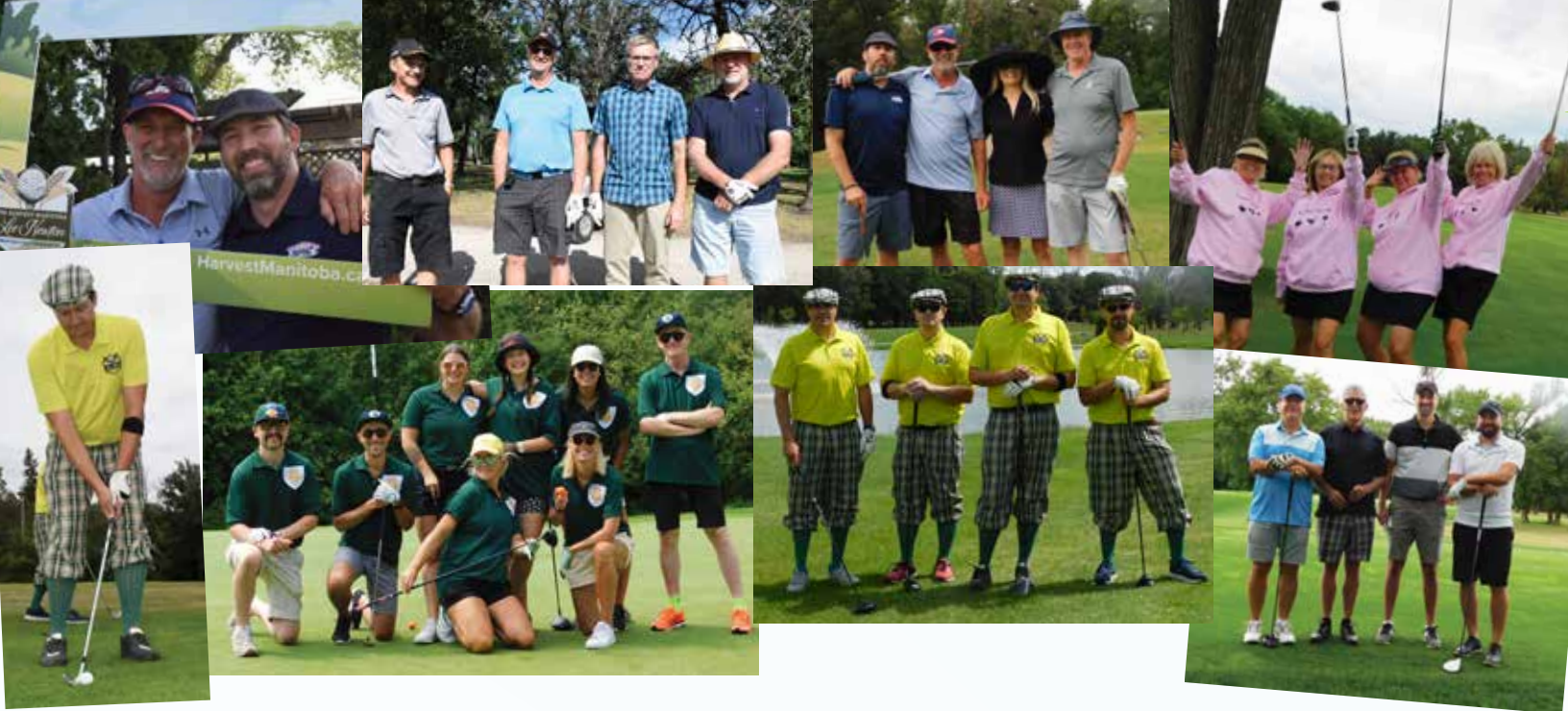
### **MEET IAN GRAHAM**

He's been great for Harvest. In 2012 Ian arrived in Winnipeg with no money and no food. He applied for disability (he has one) but was denied. Instead, he was referred to Harvest. Feeling the need to 'pay for his supper', Ian began volunteering, doing sorting work in the Harvest warehouse. Ian has been with us for the last 9 years and we love him. Watch the video of his story. It's short, but strong. As strong as Ian's commitment to Harvest and our community.

**Click to watch his story.**

**<https://www.harvestmanitoba.ca/stories/>**





It was a beautiful day at the St. Boniface Golf Club for the sold-out Lee Newton Memorial Golf Tournament. The annual flagship event raised \$62,710. Participants enjoyed 19 holes of golf, sponsored food and beverage stations, scores of contests and prizes, while supporting a great cause!

"It's a good place to rub shoulders and connect. It's a good cause. We enjoy the company, the scenery, the game, and of course the food. It was a good time," said Jake Wiebe, Manitoba Chicken Producers.

"As longstanding supporters of Harvest, this is an opportunity for Payworks staff to enjoy a fun day of golf with other business leaders in the community, and also celebrate the hard work that Harvest does in our community," said Payworks Patrick Daniels. "When you see all the community support in-person and the energy at an event like this, it just reinforces why we choose to sponsor Harvest."

Thank you to all our major sponsors, prize and product sponsors, teams and attendees. You are all Harvest Stars, working together to ensure no Manitoban goes hungry. For a complete list of sponsors and photo gallery, please visit: [HarvestManitoba.ca/golf](https://HarvestManitoba.ca/golf)





## Thank you to our Major Sponsors!

**Payworks**



## Thank you to our Product and Prize Sponsors!

- Aloha Nails & Spa – Scurfield
- Astoria Wealth Management
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- Boston Pizza
- Burrito Splendido
- Calabria Market & Wine Store
- Centre for Alternative Healing
- Cheese Mongers
- Deluca's Fine Wines
- Dianne Hodgson
- Dyna-Pro Environmental
- Exchange District Pharmacy
- Farmery Estate Brewery
- GolfTown
- Hilton Winnipeg Airport Suites
- Jones & Company Wine Merchants
- Little Brown Jug
- Manitoba Blue Cross
- Manitoba Moose
- Manitoba Pork
- MedSup Medical
- Old Dutch
- One Woman's Wood, Karen Taraska-Alcock
- Original IG
- Pet Portraits by Pam Ball
- Richlu
- Roquette Canada
- Shooters Golf Course
- Show and Save
- Southwood Golf & Country Club
- Spa Botanica
- Star Building
- St Boniface Golf Course
- Tim Hortons
- Winnipeg Blue Bombers
- Winnipeg Free Press
- Winnipeg Jets

## IT TAKES A PROVINCE TO FEED A PROVINCE.



In Manitoba, 80,000 people a month - 46% of whom are children – who rely on the Harvest Community Food Network of food banks and agencies for nourishment. Individuals, community groups, retail partners and businesses across Manitoba see the need and give what they can.

We are a community of Harvest Stars, and we are grateful for their efforts. If you know them or shop at their stores, please thank them for what they do to help ensure our neighbours do not go hungry.

**We are a community of Harvest Stars!**



## Member Spotlight

### Lac du Bonnet Food Bank is Growing

Through the efforts of the Lac Du Bonnet Lions Club and the Lac du Bonnet Knights of Columbus, the Lac du Bonnet and Area Food Bank has been in operation since Oct. 1, 2001. Since then, they have grown exponentially to service the needs of twelve surrounding communities.

“One day, my wish is that our doors will close because of a lack of people in need. Until that day comes, the Lac du Bonnet and Area Food Bank is here to meet that need,” said longtime volunteer Carol Lesko.

The Food Bank’s goal is to provide a 2-day supply of basic groceries for those needing a helping hand. They rely on Harvest and the generous support of the community including 50 volunteers that keep their pantry well-stocked and client’s fed.

As many rural residents know, it is extremely difficult to get the things that a family needs if they do not have transportation. Lac du Bonnet saw this issue with their clients and partnered with several social service agencies throughout the region to implement a pickup and delivery system. That proved to be especially valuable during COVID when it was used to provide hampers.

The Food Bank also provides hampers on a drop-in basis Mondays and Thursdays between 10 a.m. and noon at 55 McArthur Avenue, Lac du Bonnet. For further information please contact chairperson **Kim Laurans at 204-345-0409.** ☆

*If you would like to be featured in our e-newsletter, share your story with us:*

[Click here](#)

## Harvest Hamper Healthy Recipe of the Month: Easy Shepherd’s Pie

- Ingredients:**
- 1 Tbsp / 15 mL canola oil
  - 1 cup / 250 mL chopped yellow onion
  - 2 cloves garlic, minced
  - 1 lb / 0.5 kg lean ground pork
  - 1-10 oz / 284 mL can sodium-reduced beef broth
  - 2 Tbsp / 30 mL tomato paste
  - 2 Tbsp / 30 mL chopped fresh parsley
  - 1 tsp / 5 mL chopped fresh thyme
  - 2 cups / 500 mL mixed frozen vegetables
  - Salt and ground black pepper to taste
  - Chopped fresh parsley for garnish

#### Potato Topping:

- 2 large russet potatoes, peeled and cut into 2-inch pieces
- 3 Tbsp / 45 mL butter
- ½ cup / 125 mL milk
- Salt to taste

- Directions:**
- For the pork:**
1. In large skillet, heat oil over medium-high heat.
  2. Add onion, garlic and ground pork. Thoroughly cook pork until no pink remains, breaking up larger pieces with a spatula, about 15 minutes. Drain cooking liquid if needed.
  3. Add broth, tomato paste, parsley, thyme and frozen vegetables. Mix well. Simmer until juices thicken, about 10 minutes.
  4. Spoon mixture into lightly greased 1 ½ quart casserole.
  5. Spread Potato Topping on top.
  6. Preheat oven to 375°F. Bake 30-35 minutes or until potato topping starts to brown.
  7. Garnish with additional parsley.

#### For the potato topping:

Cook potatoes in large pot of boiling water until tender. Drain well. Mash with butter, milk and salt.





# Harvest Stars Volunteer of the Month

October's volunteer of the month is Mellisa Caballero.

The 22-year-old is doing 18 months of missionary work in Harvest's Food Assistance Call Centre.

"I grew up in the church and I'm very religious. One of the scriptures we focus on in the Book of Mormon from the Church of Latter-Day Saints is Mosiah...and it talks about when you are in the service of your fellow beings, you're in the service of your God. So, as I serve other people, as I help them come closer to what feels like home almost, not only do I serve them but I'm serving my God, which is super important for me."



Mellisa also said by serving others, she hopes people feel appreciated and that they are loved. She noted that she has wanted to be on a mission since she was a little girl. Volunteering at Harvest has made Caballero go out of her comfort zone and do things she wouldn't necessarily do on her own.

"It's made me more of an adult, you might say. I'm more of a quiet girl and serving a service mission requires you to contact and be around people. Doing this made me become more open, more friendly, and more sociable," Mellisa said with pride.

Mellisa sets up appointments for clients that need Harvest Hampers.

"I set up appointments for clients and then they go to their food bank location and they get their food...I really enjoy working in the call centre. Like I said, this is something that has put me out of my comfort zone, and I feel like I'm growing a lot in the call centre."

Caballero has already completed 11 months of her 18-month mission. She said she plans to finish her dental courses at the University of Manitoba once her time at Harvest is over.

"(I want to work) somewhere in the dental field. Hopefully dental hygiene...Most of my family are dental technicians so I kind of grown up around that and I like going to the dentist to get my teeth cleaned. I thought that was interesting." Mellisa, thank you for being a Harvest Star volunteer and serving your community. You are appreciated and making a difference in the lives of Manitobans. ★

## In case you missed it...



Harvest Board of Directors announced earlier this month that Vince Barletta is our new President and CEO. His resumé features top-level non-profit management experience, most recently as President and CEO of the St. Boniface Hospital Foundation.

We caught up with him for an interview in which he showed capability, vision and caring so we wanted to share some of his thoughts with you.

Vince Barletta  
President and CEO



# CREW Spotlight

## Client Services

Working in Client Services is a 'big job' according to Deb Swereda, Harvest Client Services Manager. At the very heart of it is the Food Assistance Call Centre, where volunteers answer the phones and emails from people who are looking for food.

"Client Services is like the core of Harvest because every other department works to ensure that Manitobans who call us for food get some," she said.

The Clients Services Crew processes requests from people who need food all over the province. The goal is to make an appointment for new clients within five days of their first call, making sure they can collect their Harvest Hamper from a member food bank no more than a 15-minute walk or 20-minute bus ride from their home or location of their choice.

On average, the Call Centre is contacted by 8,000 households or 23,000 unique callers a month looking to make food appointments in Winnipeg alone. During COVID-19 the number of new clients rose significantly and is still increasing by 3-5% a month. In August, Clients Services received an additional 10,000 calls and emails from Manitobans who had an interruption in their benefits and were struggling to cover their expenses.

According to call centre volunteer, Rod Soviak, the most difficult part of his job is making sure communication with the client is good. "Sometimes the phone connection isn't always the best, so you need to try hard to understand what a person is saying when they're trying to spell their name or address. You must use some patience and some repeating of the names... Newcomers are just learning English so you kind of encourage them on to go ahead because they sometimes feel a little (self-conscious) because their English isn't good," he said.

Deb also echoed the importance of good communication. "There's so much pressure on us to ensure that there are no mistakes because it means someone who needs food may not receive it," said Swereda. "We're all about the clients and making sure things go smoothly."

Sometimes there are challenges with scheduled pickups from a member food bank that need to be addressed. "When clients don't show without notifying us ahead of time, they are given a reminder. If it happens again, we try to determine why and how best to help them."

Thanks for all your hard work, Client Services Crew.  
You are true Harvest Stars! ★



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