



2831 North 31st Avenue
Phoenix, Arizona 85009-1518
Phone: (602) 242.FOOD
Fax: (480) 393.4511

The *Horn of Plenty* newsletter is published quarterly for the friends of St. Mary's Food Bank Alliance.



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St. Mary's
Food Bank
ALLIANCE®

Horn of Plenty

MISSION | To alleviate hunger through the gathering and distribution of food while encouraging self-sufficiency, collaboration, advocacy and education.

WINTER 2014

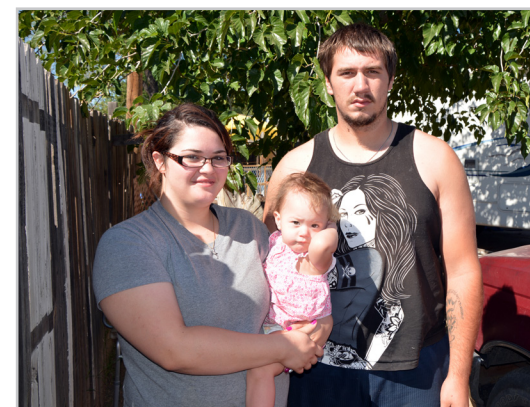
Fighting hunger during the holidays

During the holiday season, there are stories of heartache and stress, but also of joy and thankfulness from those who visit the food bank needing a helping hand.

We met a woman who donated a turkey just last year but needed help this year due to a chronic illness that left her unemployed and vulnerable this holiday season. There was a grandmother taking care of her four grandchildren, whose savings account had dwindled to nothing with the added costs of small children.

And then there was Kareh, a young mother of a one-year-old daughter, struggling to make ends meet with her part-time job at a bakery, who wouldn't have had a Thanksgiving dinner without St. Mary's Food Bank Alliance. Kareh lives in a small trailer north of Phoenix with her boyfriend and daughter. Despite not being able to afford luxuries like television, computer or even a cell phone, the home is cozy and tidy.

She receives SNAP benefits (food stamps), but with the recent cuts to the program and the added costs of a baby they struggle every single month. Thanks to friends like you, Kareh and her family were able to enjoy a happy holiday season.



"The emergency food boxes from the food bank are truly a lifesaver," Kareh said. "I always feel like I don't say thank you enough."

Kareh and her daughter are just one of countless families that are touched through the food bank network. Over the holidays more than 33,000 turkeys and millions of pounds of food were distributed to Arizonans who otherwise might not be able to put food on the table.

St. Mary's staff and volunteers are lucky enough to see the smiles and hear the thank yous from those who visit the food bank during this time of year. But the smiles and thank yous are actually for you – our generous donors. Thanks to you, thousands of lives are made a little easier through the security of knowing a holiday meal can be served. Thanks to you, thousands of children will go to bed full of turkey, potatoes and maybe even a little bit of pie. Thank you.



Barro's Pizza pledged an entire day of proceeds to St. Mary's during their annual Hunger Fight. **PAGE 3**



Kids support St. Mary's through Trick-or-Donating and birthday requests for donations instead of gifts. **PAGE 4**



Our direct client services center Thanksgiving distribution served 7,315 clients in just three days. **PAGE 7**

It's almost time to 'Get in Bed with Mark!'

Morning man Mark Mayfield and the entire **KSLX (100.7 FM)** crew will team up with **Sleep America** for the eighth annual **Get in Bed with Mark** food and cash drive for St. Mary's Food Bank Alliance from April 3 to 5, 2014.

Last year was the most successful drive yet, with 245,000 meals collected for the hungry of Arizona in three days. You never know who will show up "in bed" with Mark – from music stars like **Alice Cooper** and **Nils Lofgren** to local television stars and celebrities. Nearly one million meals have been collected during the first seven years, and you can help Mark go over the top in 2014!

Here's how you can help: Hold a canned food drive through your office,



neighborhood group or church during February or March and then bring the food to the Sleep America store at Town and Country Mall (20th Street and Camelback) during Mark's 30-hour marathon.

Listen to KSLX and watch www.firstfoodbank.org for more information as we get closer to the big drive. Let's put hunger to bed in 2014!



Get *Horn of Plenty* sent to your email. Send your email address to elsigl@firstfoodbank.org to request the online PDF.



The Katie Show blew into Phoenix on Nov. 7 as part of Katie Couric's week-long "Challenge for Change," designed to raise awareness and donations for five non-profit organizations across the country.

Katie's crew and host, Cameron Hughes, started the day at St. Mary's Food Bank, learning about the need in our community. From there, they went to Arizona State University where the Sun Devils collected more than 7,000 pounds of food! The

crew then stopped at a Fry's Food Store to collect even more donations.

Finally, the food bank was surprised with a truckload of donated food and a \$25,000 check from ConAgra.

Thank you to *The Katie Show* for bringing enthusiasm and awareness, and to the Arizonans who answered the challenge to make the holidays special for local families.

PROVIDING
More than food
HOPE

A Letter From Our President & CEO...



A woman who called the food bank for help had her budget so carefully worked to the penny she knew she would not be able to take the bus to pick up a new pair of glasses and afford the return trip home, much less have enough food for the month. Another lady who came to a Northern Arizona mobile pantry distribution in November braved freezing rain, giant mud puddles and the fear her car wouldn't survive idling in line, to pick up an emergency food box and a few bags of fresh vegetables. It was soon clear why. Her social security check was so small, it probably only bought her a few gallons of gas.

Another client we met this fall came to the main campus of St. Mary's Food Bank Alliance just before Thanksgiving. She was so overwhelmed after volunteers put food in her car, she burst into tears. "Thank you for taking this worry away from me," she said. "Thank you for giving my family Thanksgiving."

All of us working nearby teared up, too. One of the things we work hard to do in the pages of the *Horn of Plenty* is to connect you, our generous supporters, with the people and the agencies you help each and every day.

I wish you could meet them in person. Everyone has a story – some of them are tragic, some are caught in the vicious cycle poverty unleashes. Some need a tiny boost now and we know they will be just fine in a

few months, once they've had the chance to catch up.

So many of them are children.

My time with the food bank has shown me so clearly that all of us, lucky, hard-working, educated, loved, scrapping by or simply blessed, can have our lives turned upside-down and inside-out in the blink of an eye. And should that ever happen, thank goodness there are places like St. Mary's Food Bank to help turn everything right-side up again.

Thank goodness there are amazingly generous and compassionate people and companies and foundations like you who support giving our neighbors in need a basic human need.

You'll read about them here: the generosity of the Barro family, Cigna, Operation Santa Claus, the White Haute event, *The Katie Show*, Object to Hunger... So many more.

In the end, it is all because of you. Thank you for making the holidays special for Arizonans in need.

Thank you for giving them a holiday.

Thank you for providing hope.

All my very best,

BEVERLY DAMORE
President & CEO

Holiday Thank Yous



Abbott Fund for supporting our Backpack Program with a grant of \$5,000.

All Saints' Episcopal Day School, Fry's Food Stores, Channel 3 & azfamily.com, GoDaddy, Mobile Mini, Phoenix Coyotes, Arizona Cardinals & Phoenix Suns, Salt River Project, and Sprouts for supporting us with food drives during the holidays.

Sassi restaurant in Scottsdale for hosting a benefit dinner for the food bank.

Snooze, an A.M. Eatery for hosting us on your pre-opening day, helping us collect nearly \$5,000!

U-Haul, Phoenix Country Day School and Integrity Staffing for donating thousands of turkeys for the holidays.



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Horn of Plenty Staff

Beverly Damore
President & CEO
bddamore@firstfoodbank.org

Sarah Stuckey
Chief Communications Officer
sastuckey@firstfoodbank.org

Jerry Brown
Director of Public Relations
jbbrown@firstfoodbank.org

Erika Sigl
Community Relations Specialist
elsigl@firstfoodbank.org

Brianna Strawn
Graphic Designer
blstrawn@firstfoodbank.org

Staff Contributors » Mariah Alexander,
Jowan Thornton, Susan Ekback, Claudia
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John van Hengel
Founder Emeritus

Tributes

TRIBUTES: September 23 through November 30, 2013

Kathleen L. Romley, my wife
Arthur E. Romley

E. Henry Running
Dr. Cliff H. Running

Irwin Sack
Sally Patt

Christina A. Saluk
Adrian R. Saluk

Michael Thomas Schermann
Anthony & Jacqueline Romeo

My father
Benjawan Semma

Jim Sheaver
Harvey & Marjorie Turkheimer

Mary Sherwood
Duane R. Sherwood

Blaine Francis Sidler
Michael & Nancy Stone

Edward H. Sloms
Georgette Sloms

Eduardo Soto
Petra & Yvonne Soto

James Spybrook
David Spybrook

Robert & Mary Starkle
Michael Starkle

Sumner-Sernigar Family
Diana R. Sumner

Margaret Svatora
Stanley Svatora

Leila R. Syring
Vivian C. Nundorff

Robert & Juanita Taylor
John & Mary Howley

Bud Terry
Ron & Shirley Marsh

Those who passed on
David & Kathleen Perrone

Nancy Tisa
John Churnetski

George Titus
Robert E. & Jay Crozier

Auggie Trujillo
Marguerite Trujillo

Joan Turney
James Bowman

Steve S. Weidler
Michael & Julie Marie Greene
Joyce Mann
Ron & Judy Shelton
Charles Weidler

Lou Wolf
Eddie L. Mooney

John Van Hengel
Helen Coumbe
Sol Jaffe

Tom Vitale
Regina Pryor

Michael Zito
Lillian Wymer

In Honor of

Jim & Diane Ambre
Chris, Megyn, Noah, &
Keegan Hintz

Vic J. Backeberg
Leticia Chalfont

Andy & Terri Berchtold
Gertrude McDowellg

Gerry Billings, birthday
Clarice Bielski

Lillian Bodine, birthday
Thomas Bodine

Griffin Eric Bodow, Bar-Mitz Vah
Harvey & Marjorie Turkheimer

Bill & Joyce Bohnert,
anniversary
Brad, Katie, Amanda,
Jennifer & Mellissa Bohnert

Mom & Dad
Wayne & Elizabeth Bruno

Fran Butler
Kathleen Butler

Kathleen Butler, birthday
Robert Skrovan & Kathleen
Jeffords

Michael & Lori Carmel
Jackie, Adam, Shari &
Brittany Fleishman

Pat Conway
Jennifer Rigby, EMC

Kathryn Cutter
Jerry & Andrea Lewkowicz

Beverly & Dave Damore,
anniversary
Kathleen Butler

Dana & Stephen, anniversary
Kathleen Butler

Charles & Alta Dangel
Kathleen Butler

Donna Di Cola, Grand Adah
Queen Esther Chapter #22,
O.E.S.

Isaac Davis, birthday
Aunt Abby, Uncle Michael,
Morgan & Connor

Richard Davis
Timothy E. Davis

Bud Decot, 89th birthday
Robert & Virginia Decot

Rose Diamond, 100th birthday
Qualtire Plumbing &
Construction, A.C.C.

Patt Dow, birthday
Chris & Linda Meyer

Milan/Falcon Wedding
Alfredo Perez

Dan Fay
Jennifer Rigby, EMC

Dr. L. Alan Ferguson
Dee Olson

Mr. & Mrs. Charles Floyd
Roxine Phillippi

Brian & Donna Foster
Robert Browning

Mrs. Frances', 80th birthday
Christopher & Molly Siegle

Dan Frankenstein
Jennifer Rigby, EMC

Mick & Locy Geene
Richard & Elizabeth Boyer

George, Steph, Jessy Carlton
& Josh
Marshall Hillard

Cole Hanson, birthday
Yolanda Castillo

Cooper & Max Henry
Gail Bradley

Linnea Hudson, Janet Wells,
workers, volunteers
David & Kathleen Young

Doug Ideker, birthday
MaryAnn Beckwith

Robert Kley, 75th birthday
John & Virginia Kalb

Larry Kranz
Marilyn Etcheverry

Kartlyn, Abby, Xavier, Daraya,
Alanra & DeVonte
Robert & Barbara Landau

Marge Linsey, 90th birthday
Rita Golden

Andy May
Brad May

Ingrid Miller
Shane Harward

Jim Miller
Daniel & Linda Cunningham

Miller-Russell
Sharon Miller and Carol Plant

Dr. Art Molay, 100th birthday
John & Lynn Tuitele

Bruce & Jennifer Moore
James L. & Dinah S. Jones

Mike Natusch
Jennifer Rigby, EMC

Bonnie Olson, birthday
Dee Olsen

John Patterson
Wendell & Glorene Clements
Dee Olson

Jean Pemberton
Rebecca Pemberton

Karen Peterson, birthday
Iris Purcell

Susan Pitts
Marilyn Etcheverry

Dr. Stephen G. Protas
Brandon Protas

Floyd Roe
Elizabeth Roe

Anne Ruddy, birthday
Tanya Daves

Margaret H. Running
Dr. Cliff H. Running

Saint Jude
Wayne & Anne Berry

Rosemary St. John
Peter L. Hatfield

St. Mary's Food Bank Alliance
Kathleen Butler

St. Therese of the child Jesus
Leo & Mary Leonard

Dr. Richard T. Schlinkert
Ralph Gillespie

Sergeant Patrick Smee
Michael F. Cleary, M.D.

Elberta Tatum, 90th birthday
Keith & Shirley K. Mavees

Paul & Madelyn Trotta,
wedding
Seth & Melissa Felder

Josh Tucker, birthday
Yolanda Castillo

Turkheimer Family
Harvey & Marjorie Turkheimer

Frank & Nancy Viverito, 60th
wedding anniversary
Clarice Bielski

Jerry Watterworth
Marilyn Etcheverry

Mr. & Mrs. Joseph Wiechec,
50th Anniversary
Anthony & Florentine Galuski

Candice Wilson, 15th
company anniversary
Capital Group Companies
Global

John Wiston, birthday
Cameron Kizziah

Kay Witherspoon, birthday
Joseph & Joanne Piergallini

Patricia Wolf, birthday
Eddie L. Mooney

The above list includes tributes received by St. Mary's Food Bank Alliance from September 23, 2013 through November 30, 2013. We apologize for any listing that may have been inadvertently omitted or listed incorrectly. Please call (602) 343-3149 if you notice any missing names. Thank you!

Honor Someone Special

and feed a less fortunate family by making a donation to the Food Bank.

In Memory of

Judith M. Alico Robert J. Alico	Bea DeBell Claire Starr	Henry & Irene Haner Cecelia Haner	Dolores Koch Lucille Koch	Michael Moore, 2 years old Robert & Eunice Moore
Gloria Anderer Dorothy Stoecker, loving sister Tara Nicole Balagat Angel & Mary Balagat	Gina Noah DeLaHuerta Dominic, Eli & Diego & your Mom/Rosie	Kathy L. Hanke Charles & Sharon Green	Raymond & Louise Kuratnik Rita Kurth	Joe & Wilma Muller Carol A. Muller
David Ben Asher Anchel Valerie Smilovic	Angra Deleon Michael Fahrner	Col Horace Harby Sandra Harby	Jay Lachot Annetta Arthur John A. Cross Tom & Janis Fitch Glen & Deborah Gabrielson Peter & Emily Hathaway	John A. Munger Mary Alice Munger
Helen Babetski Richard & Margaret Babetski	Anil Desai Rajan A. Desai	Everett Harley Phyllis Everett	Mr. J. Murphy Sean & Michele Murphy	
Tara Nicole Balagat Angel & Mary Balagat	Helen Dragish Glenn Dragish	Wally Harnberger Melvin & Yvonne Hoover	Ann Namubiru Lillian Namagembe	
John & Irma Ballard Thomas & Belinda Milburn	Bonnie Downey Richard Downey	Dr. Edward Hartney Charleen & Walt Lipski	Vernamaree Nelson Nancy Nelson	
Diane P. Barela Joseph L. Barela	Lyla Droz Rodney & Mary McMinn	Alfred & Judy Herrala R.A. Herrala	Tony Nitsch Melvin & Yvonne Hoover	
Richard Billimack Kate Roundy	Vallye Edwards Susan Fay	Valerie Hope Cynthia White	Christopher Nixon Linda Nixon	
Jeannine Bliss John Bliss	Charles Ekstrom Elizabeth Ekstrom	Jan Hunt David Bruner & Peggy Baze	Thomas Oliver Joe & Mary Oliver	
Bob & Lorraine Joseph & Anita DeSilva	Everett Harley Phyllis J. Everett	Mary Liz Hurley Mary Hurley	Roland Oonk Joe & Loraine Gilbreath Alan & Cyndy Mitchell	
Daughter Donna Ann Bullington-Pachal Donald & Isabelle Bullington	Patricia Fahrner Michael Fahrner	Damon Intrabartolo Gary & Jeanne Hoffman	David & Roman Ortals Winifred M. Ortals	
Paul Cantoni Catherine Hopkins	Irene Fecske Rebecca Spryncznatyk	Steve Irvin Lueva M. Irvin	Thomas B. Parker John Karras Cecile L. Parker Residential R.E. Appraisal Services	
Carl Richard & Vera Handy	Brenda Felldin, daughter Roy & Bettie Felldin	Ken McKenzie Inge M. McKenzie	Gail Hope Peerenboom Andy & Tim Horner & the Home Office of Premier Designs Inc. Leahetta Barlin-Waller Alan Canoy Alise Chan Charles Schwab Foundation Kathy OHerron Arthur Pfund Ryan Villegas	
Elizabeth E. Carlyle Jack W. Carlye	John Flora Sanford & Marlene Horwitz	James P. McMahon Helen M. McMahon	Thomas Meyer Nanci Moore	
Hillel Chasin Tom & Karen Walsh	Lenny Fuhrer Harvey & Marjorie Turkheimer	Don Messmore Patricia Messmore	Robert Charles Mills N.L. Belton David Boring Forzano Accounting & Tax Service Janis Hillis Ron & Mariah Kemp Billie L. Smiley	
Dolores Christianson Neil Christianson	Robert Furdek Jolene Hofmann	Thomas Meyer Nanci Moore	Robert Charles Mills N.L. Belton David Boring Forzano Accounting & Tax Service Janis Hillis Ron & Mariah Kemp Billie L. Smiley	
Rhonda Coco Charles Coco	Gilbert F. & Ople E. Gehant Charlene P. Greene	Jimmy & Henrietta Johnson Timothy J. & Anna M. Howard	Charlie Miner W. Russel Killip	
Wanda Coco Charles Coco	Lenny Fuhrer Harvey & Marjorie Turkheimer	Phyllis Janes Scott & Kathleen Hansen	Don & Thelma Minikus Dave Thompson	
Betty Connell Bruce & Deborah Woolford	Robert Furdek Jolene Hofmann	Alice Jioia Michael Pfligler	George K. Reems Mark & Betty Ogden	
Marjorie Conklin Elizabeth Conklin	Gilbert F. & Ople E. Gehant Charlene P. Greene	Jimmy & Henrietta Johnson Timothy J. & Anna M. Howard	Aniello Riccio Suzy Riccio	
Stacey E. Corwin Nancy Corwin	Sandra Graves Jesse & Terri Brown Frederick & Duval Carter Darlene Graves Ana Mena Elmer & June Miller Greg Ockenfels Shirley A. Raymond Pamela J. Woitas	Mary C. Johnson Jean Fielder Ted & Helen Jaros	Melissa Ristig Bernard Ristig	
Kevin M. Cote John & Deanna Reyes	Roland Edward Glanz Michael & Nancy Stone	Doris Juhl Jim & Rosemarie Hardy		
	James V. & Anne Gullotto and Leonard Stapleton James Gulloto	Martha Key Samuel Key		

When you make an Honor or Memorial Tribute, the Food Bank will send your honoree (or their family) a card notifying them of your special gift. Their name(s) will also be included in a future issue of the *Horn of Plenty*.

We make it easy! Mail your Tribute in the enclosed envelope; visit www.FirstFoodBank.org (click on the Tribute and Honors Donation icon to fill out online Tribute and Honor Donation forms); or call Pat Fehlhaber at (602) 343-3149 to make your Tribute by phone.

TOP HEADLINES FROM ST. MARY'S FOOD BANK



Barro’s Pizza scores a knockout during Second Annual Hunger Fight

Barro’s Pizza jumped in the ring for their second annual Hunger Fight on Dec. 3, pledging the entire day’s proceeds to St. Mary’s Food Bank Alliance. All 33 Barro’s Pizza locations took part in the Hunger Fight and everything purchased from open to close was donated to the world’s first food bank.

Fans of the family-owned restaurant came out in droves to order delicious pizzas, sandwiches and pasta dishes. The Barro’s Special pizza, with pepperoni, onion, mushroom, green pepper and ham, was a favorite. By the time the restaurants closed their doors, a grand total of \$125,274 was raised for St. Mary’s – that’s a lot of dough!

Since the food bank can provide seven meals for every dollar donated, the Barro’s Pizza Hunger Fight resulted in 876,918 meals for the hungry of Arizona. In just two years, this event has raised enough to distribute more than 1.7 million meals!

St. Mary’s would like to thank the entire Barro’s family and their wonderful staff and all of the customers of Barro’s Pizza who both enjoyed a great meal and helped to support the food bank.

Operation Santa Claus came to town

The jingle “Feed a family, make a kid happy, win a new car,” was dancing through the heads of many Arizonans this year as the Operation Santa Claus Charity Drive started its 12th year.

Sponsored by **ABC15**, **Sanderson Ford** and **Sanderson Lincoln**, Operation Santa Claus encourages the community to collect toys, children’s clothes, non-perishable food and monetary donations that this year benefited St. Mary’s Food Bank Alliance, Ronald McDonald House Charities of Phoenix, Inc, The Southwest Autism Research and Resource Center and Military Assistance Mission.

Donations were accepted at ABC15, Sanderson Ford, Sanderson Lincoln, and UPS stores, and during a Dec. 3 day-long “Claus-A-Thon” on ABC15. Each supporter who helped



“feed a family” or “make a kid happy” was given a chance to “win a new car.” Fifteen of the donors were announced as finalists, winning \$100 Visa gift cards and handed a key. Then during the **Sonoran Living** show on Dec. 19, each finalist tried their key and the winner was given their choice of a new Ford F-150 Super Crew Ecoboost or an all new 2013 LINCOLN MKZ.

Operation Santa Claus culminated with a huge human chain at ABC15 taking the food, clothing and toy donations from the television studio into the trucks of the charities. Thank you to everyone who fed a family and made a kid happy!

Cigna’s Face Hunger food drive exceeds goal

For the past fifteen years, **Cigna** and **Cigna Medical Group** have been valuable partners with St. Mary’s Food Bank Alliance. Each year, they spend an entire month during the holiday season collecting food and funds for Arizona’s hungry. This year, CIGNA’s **Face Hunger** campaign surpassed its goal yet again!

By the end of the food drive, Face Hunger had raised eight percent more than their target total, donating \$38,220 to St. Mary’s. The 27 Cigna locations around the Valley of the Sun become ever more imaginative in the ways they raise food and funds. The team captains organized bake sales, sold raffle

tickets for gift baskets and other items (including a signed Larry Fitzgerald helmet and football) and offered tickets to special luncheons and breakfasts. Some of Cigna’s staff and their children chose to Trick-or-

Donate during Halloween, contributing the cans received to the campaign. One location even put together an obstacle course, called The Hungry Games, which was such a hit

that it will become a staple event of the annual food drive.

Thank you Cigna and Cigna Medical Group for your creativity and ongoing commitment to Face Hunger!



Birthday wishes of a 7 YEAR-OLD



"I always see poor people on the street and want to give them money."

Mikayla's birthday wish when blowing out her birthday candles was to help all the people on the street find a home and have enough food to eat.

"I always see poor people on the street and want to give them money," said the seven-year-old. "My mom said that giving money to the food bank can help more people because \$1 can make seven meals."

So with that in mind, she decided to ask for cash or food donations for her seventh birthday instead of gifts. Mikayla wanted her friends to come

celebrate, have a good time together, and not worry about buying a gift. And more importantly, she wanted to help people in need.

This was her first year giving up toys for food donations but she is already excited to raise even more for St. Mary's Food Bank Alliance next year. With the food and fund donations, Mikayla collected enough for exactly 700 meals!

Thank you Mikayla. We have the same wish as you and with the help of kids like you, anything is possible!

Trick-or-Donating

Foregoing the usual tradition of collecting candy door to door during Halloween this year, Tasia and her nephew, Mathias, decided to gather

canned food donations for St. Mary's Food Bank Alliance. They found that their neighbors were excited to be able to give more than

just candy and had such fun that they plan to do this again next year. Thanks for helping to Scare Away Hunger!



6-year-old has donated nearly 1,000 lbs to feed the hungry

Liberty Gardner is only 6 years old, but she has already made an impressive impact on hunger in her short years. Every year for her birthday, she asks her guests to bring donations of non-perishable food items to her party in lieu of gifts.

While her friends are hoping for a Big Hugs Elmo or the latest LeapPad game, Liberty only asks that her guests help her fight hunger in Arizona.

This year, Liberty collected a record-breaking 236 pounds of food! Through the years, Liberty has donated more than 1,000 pounds of food to help Arizona's hungry.

"We love to be able to help those in need," said Liberty's mother, Erica. "And we are especially thankful to our wonderful family and friends who contribute to our food box each year."



NEARLY 13 children face hunger EVERYDAY

Local high schools take on Project Hunger



For the seventh consecutive year, high schools from across the Valley competed for top honors in a friendly food drive competition during October known as Project Hunger.

For an entire month, more than 20 high school teams collected non-perishable food and cash donations to help feed Arizona's hungry. This year's food drive brought in enough donations for St. Mary's to provide 135,665 meals to the 81,000 square miles serviced by the food bank in Arizona.

Over the last seven years, high school students have provided more than 500,000 meals to those in need – an incredible testament to these community-minded young adults.

Glendale's **Mountain Ridge High School** remains the Project Hunger champions, taking home the coveted John van Hengel Memorial Cup again this year. Mountain Ridge makes Project Hunger a school-wide event each year, getting everyone enthusiastic and involved. But Mountain Ridge received plenty of competition in **Sandra Day O'Connor High School**, **Raymond S. Kellis High School**, and **Glendale Independence High School** who placed in the top four.

Special thanks to our 2014 sponsors: **Arby's**, **Phoenix Coyotes**, **Castles N' Coasters**, **Coca Cola**, **Harkins Theatres** and **US Airways**. Project Hunger culminated with a special night on Nov. 16 at **Jobing.com Arena** where all four top schools were honored and an additional 13,000 meals were raised with a food and cash drive before the Coyotes beat the Tampa Bay Lightning.



The verdict is in! Valley legal community fights hunger

More than 40 members of the Valley's legal community showed their community spirit by participating in the inaugural Object to Hunger food drive during the month of September.

Sponsored and spearheaded by **TERIS**, the food drive collected 75,149 meals for St. Mary's Food Bank Alliance to distribute to the hungry of Arizona.

Congratulations to the two winners of the friendly competition, who each earned

"Managing Partner" status during the Object to Hunger Food Drive. The firm of **Fragomen, Del Rey, Bernsen and Loewy** collected the most meals with 16,216 meals, while the 15-member firm of **Osteen & Harrison PLC** collected 5,850 meals to claim the most meals per capita. **Gallagher and Kennedy** placed second overall with 13,823 meals raised to earn "Equity Partner" status.

Thank you to the local legal eagles for Objecting to Hunger!

Scaring away hunger

Hunger was shaking in its boots this Halloween, thanks to the generosity of ghouls and goblins across the Valley. Ten events helped to Scare Away Hunger by collecting food and fund for donations for St. Mary's Food Bank Alliance.

The undead partied at the first ever **Zombie Homecoming**, and Glendale families were panicked at a haunted yard in Glendale. Pups were dressed up for Howl-o-Ween at **Rose Mofford Sports Complex**, and zombies did the slow shuffle at **AzRockabilly Promotions' Zombie Walk**.

Pumpkins were carved and apples were bobbed at **Pointe Hilton Squaw Peak's Pumpkins at the Peak**, and costumes were judged at **El Mirage's Halloween Harvest Festival**. Monsters came out at the annual **Halloween Monster Bash at Peoria Sports**



Complex, and downtown Phoenix was overrun by creatures of the night during **Zombie Walk 5**.

Cowboys rode into town for **Dr. Buck's Ol' Time Country Fair and Wild Western Festival**, and little ghosts and witches showed up at **Treat Street in Adora Trails**. And on Hallow's Eve itself, kids across the Valley collected food for the hungry instead of candy from their neighbors.

Thanks to everyone who helped us Scare Away Hunger this Halloween season!



NORTHERN ARIZONA NEWS



Agency Spotlight: Seligman Care Club

Partner agencies are crucial in helping St. Mary's get food out to our state's hungry families. And in Northern Arizona, the winter months mean agencies in remote

locations must also deal with an added barrier to food distribution – freezing temperatures!

Agencies like the **Seligman Care Club** rise above the inclement weather and persevere to ensure as many families as possible receive help. In December, staff and volunteers of the Seligman Care Club faced winds and four-degree temperatures to organize a food distribution to ensure that hungry families had access to

fresh, healthy produce. Starting before dawn in below freezing temperatures, agency staff and volunteers spent hours outside with smiles on their faces as they helped neighbors in need. Such a commitment to feeding those in need is both astounding and inspirational.

Remote agencies know that if they're not open to distribute food to their community, hungry families are left without options.

These dedicated partners assist St. Mary's in distributing food across 81,000 square miles of service area. Some of our agencies are more than 350 miles from the food bank warehouse in Phoenix!

Thank you to agencies like the Seligman Care Club who are committed to mission of ending hunger and are brave enough to face the elements on behalf of the hungry in northern Arizona.



Santa visits a Flagstaff school to receive, rather than give!

Every holiday season, schools across the state host food drives for St. Mary's Food Bank, helping us feed their neighbors, but one school in Flagstaff

demonstrated creativity and the true holiday spirit of giving.

Instead of a standard food drive where donation boxes gradually fill, the students at **Marshall Elementary School** in Flagstaff collect cans in their classrooms for three weeks and then they have one big holiday collection with Santa.

On the collection day, Santa's role is reversed. Instead of handing out gifts to the excited children, Santa walks through the halls while the kids fill his cart with basket after basket of canned food. The Student Council hands out candy canes and the Drama Club sing holiday carols as Santa passes by every classroom. It is a touching scene as exuberant children excitedly reach forward to

place their donations in the basket and say hello to Santa. The children are happy to be giving back, while earning a place on the Nice List.

The result was a donation of more than 950 pounds of food to St. Mary's! Thank you to all the students, teachers and administrators at Marshall Elementary for showing the true spirit of the season.



Snow didn't dampen Super Saturday efforts in Flagstaff

These three wonderful children braved the snow on Super Saturday to volunteer with the Sunrise Lions Club. The little boy in the back even made up a Turkey Day Song to encourage shoppers to donate a turkey!

81,000
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Painting the town White Haute

The hauteest party in Scottsdale painted the town white on Dec. 14, while raising awareness and support for the hungry of Arizona. The **White Haute** holiday event brought together the most fashionable partygoers in the valley to a benefit event for St. Mary's Food Bank Alliance.

Hosted at **Couture Customs** showroom with exotic sports cars and **Roche Bobois** furnishings, revelers walked the white carpet before enjoying music, fashion, and delectable treats.

Project Runway's **Michael Costello** showcased his Winter Wonderland dress collection, with models wearing stunning jewelry from **JN Jewels**, sashaying to the rhythms of hip-hop violinist Josh Vietti. DJ **Demarkus Lewis** spun tracks throughout the evening, and soprano **Anna Vivette** demonstrated her vocal range.

Coup Des Tartes provided hors d'oeuvres, **smartwater** the stylish hydration, and **Moët & Chandon USA** and **Belvedere Vodka** kept the party rocking!

At the end of the night, thousands of dollars had been raised for St. Mary's. Special thanks to Couture Customs for hosting and organizing this fun benefit event.



A smattering of rain (and snow in Flagstaff!) couldn't match the dedication of our volunteers and donors during our seventh annual Super Saturday drive on Nov. 23. Held each year on the weekend before our Thanksgiving distribution, Super Saturday is devoted to collecting turkeys, non-perishable food and funds to help feed needy families in Arizona during the holiday season.

Volunteers, staff and our signature

six-foot turkeys greeted guests at **Albertsons** locations around the Valley, Flagstaff and at our St. Mary's Food Bank Alliance's warehouses in Surprise and Phoenix. Despite the rain and chilly temperatures, Super Saturday collected 1,683 turkeys and more than \$12,000 to help us fill holiday food boxes.

Thank you to the community for overcoming threatening skies to give our neighbors in need a brighter holiday season.



SAVE - THE - DATE

January 25 – Donate your excess citrus on Super Citrus Saturday, held this year on Saturday, Jan. 25, 2014. Watch FirstFoodBank.org for more information and drop-off locations.

March 28 – The annual golf tournament will be held at The Wigwam on Friday, March 28, 2014. Save the date and watch our website for registration details.

April 9 – Arizona Gives Day takes place this year on Wednesday, April 9, 2014. It is a 24 hour online giving experience that unites Arizonans around causes they believe in.

April 13 – The 4th Annual Walk for Hunger at Gainey Ranch Golf Club will be held on Sunday, April 13, 2014. Sign up for the three-mile walk on our website.

“Service to others is the rent you pay for your room here on earth.” — Muhammad Ali

VOLUNTEER ROCKSTARS



Retiree dedicates thousands of hours helping feed the hungry

When the Knight Transportation Client Services Center opened its doors in November 2009, St. Mary's was blessed to have Bruce Murdock join as a volunteer. With an average 800 to 1,000 families visiting for emergency assistance every day, Bruce had his work cut out for him.

Having just retired from the United States Postal Service, Bruce had planned on volunteering just a few days a week. That's what he thought!

Bruce was soon volunteering full time until his wife requested we share him a little more. Bruce always has a smile on his face and a story to tell.

Bruce is a great example of the more than 90,000 volunteers who donate their time to help feed Arizona's hungry. Each one is a true asset to St. Mary's and their efforts are greatly appreciated.

Thank you, Bruce, for your continued dedication and service to our community!

Youth volunteers join together to take on hunger

Many young volunteers spend time at St. Mary's warehouse enthusiastically packing boxes and helping to distribute food into the community. This fall, a new youth civic engagement program was started to make the most of their energy and dedication.

The **H.E.A.T. Club** (Hunger, Education, Activism and Togetherness) is made up of 12 students from Washington High School, Independence High School and University High School of Tolleson. These teenagers are already exemplary citizens and

students; they each have 3.5 or higher GPAs and have volunteered between 50 and 300 hours this year at the food bank. They range in grades from sophomore to senior, and there is even one college student finding time to be involved.

The H.E.A.T. Club has been busy deciding on a mission statement, creating rules and guidelines for the group and planning team building activities during their twice monthly meetings. They have already volunteered at the



Phoenix Suns Food Drive in December, and are planning more events for 2014.

To learn more about the H.E.A.T. Club and how you can get involved, contact Jowan Thornton, Volunteer Engagement Lead at (602) 343-3128.

Community giving back

Volunteers are the lifeblood of the food bank. All throughout the year, community members visit St. Mary's Food Bank Alliance to help sort, pack and distribute emergency food to Arizonans.

Volunteers like our Hunger Heroes from **US Airways** visited us more than 20 times this year, showing that the "Do Crew" has a great commitment to end hunger.

More than 300,000 of volunteer hours are donated each year, which is equal to having an additional 140 full-time employees! The food bank could not reach the number of families currently served without dedicated and generous volunteers. Now that the holidays have passed, St. Mary's needs volunteers during January and February to help pack food boxes. Sign up today on our new volunteer web portal: volunteer.firstfoodbank.org.

Thank you US Airways for donating volunteer time, food and funds to St. Mary's Food Bank.

HOLIDAY DISTRIBUTION



Thanksgiving distribution took place Nov. 25 to 27 with a new well-organized drive through plan at the food bank's client services center.



Volunteers and staff helped to direct traffic, recorded client information, and loaded emergency food boxes into the clients' vehicles.



Behind the scenes at our Surprise and Phoenix warehouses, staff and volunteers prepared food for distribution.



Turkey and non-perishable donations were accepted at Del E. Webb Distribution Center by volunteers & staff.



Staff and volunteers worked hard to maintain efficiency, while preserving dignity and respect for the clients served.



By the end of the three-day distribution, **7,315 clients** received emergency food help, ensuring a happy and healthy Thanksgiving.

Legacy Giving

Do you really need a will?

Many people think that because they don't own enough property, they don't need a will. But when you add up all of the assets that you own, your estate may be larger than you think.

Why do you need a will?

- A will can help you decide who will receive your property.
- You can appoint a guardian for your minor children in your will.
- A will allows you to appoint an executor to administer your estate.
- A will can help reduce taxes for your heirs and your estate.

When do you need to make changes to your plan?

If you've recently experienced a life changing event such as marriage, a death in the family or the birth of a child or grandchild, you should consider talking with an attorney to update your estate plan.

Creating or updating a plan for your future is important. Planning today can help save costs and better provide for your family and future. For a FREE Wills Guide, contact **Claudia Cucitro** at (602) 343.3144 or cicucitro@FirstFoodBank.org or use the online Wills Planner available on our website (www.SMFBALegacy.org) to document information about your family, assets and goals.