

The difference between try and triumph is a little "humph"

~ author unknown

~ ~ ~

Did you know that we've had

- 2 volunteers with us for the whole 45 years,
- 5 at 40+, and
- 34 at more than 25 years?

~ ~ ~

UPCOMING EVENTS

AGING & ACTIVE LIVING EXPO

June 5th, 2010
10:00 am to 7:00 pm
Max Bell Centre
1001 Barlow Trail SE
Free Admission
Parking \$5

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SENIOR'S WEEK EVENTS

June 7-13
For more information on events throughout Calgary, please visit www.seniors.alberta.ca/seniorsweek

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STAMPEDE BBQ

Tuesday July 13th
11:30 am to 1:30 pm
@
3610 Macleod Trail SE

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June 2010



Calgary Meals on Wheels Celebrates 45 years of Service in 2010

Calgary Meals on Wheels will celebrate 45 years of service in November. During our Volunteer Appreciation Lunch on April 20, over 200 took in the afternoon festivities with opening remarks from Eileen Gukert, Board President, followed by greetings from The City by Joe Connelly, Deputy Mayor-Ward 6.

The event was also attended by Aldermen Jim Stevenson-Ward 3, Bob Hawkesworth-Ward 4, Ray Jones-Ward 5, John Mar-Ward 8, Andre Chabot-Ward 10, and Ric McIver-Ward 12.

We recognized 69 volunteers for their hours of service contributed for every 300 hour increment, and we presented, along with Joe Connelly, 33 volunteers for 25 to 45 years of service. We also honoured two longtime volunteers of 45 years: Hattie Boothman and Laverna Jennings.

Calgary Meals On Wheels values volunteer involvement and recognizes their achievements and service in the community.

OUTSTANDING VOLUNTEER SERVICE AWARDS went to Hattie Boothman, Eleanor Chmilar, Pamela Lillywhite, Anne Pawelek and Helen Ruddock.



The organization's highest honour, **THE PATRICIA BOURNE MEMORIAL AWARD** was presented to Vivian McDonald (left). Her compassion drives her to help where it is most needed.

THE BILL GIRLING HEART AWARD was presented to Laverna and Tedd Jennings. Thanks to Dorothy Girling, this new award was established in memory of her late husband Bill, a volunteer of 25 years and giving 5500 hours of his volunteering time to the community.



Dorothy, Laverna and Tedd,
back: Joe Connelly

CONGRATULATIONS TO CALGARY MEALS ON WHEELS VOLUNTEERS AND THEIR NOMINATION FOR PROVINCIAL AND MUNICIPAL VOLUNTEER AWARDS:

- June and Arch Dickson - Heart of Calgary Award, Volunteer Calgary
- Margaret Mazurek - Minister's Seniors Service Award, Alberta Seniors & Community Supports
- Eleanor Chmilar - Community Advocate Award, The Calgary Awards, City of Calgary
- Lily Halvorson - Outstanding Calgary Senior's Award, CAAG
- Laverna Jennings - Volunteer in Profile Award, Volunteer Calgary



*Executive Director
Janice Curtis*

**Our Holiday
donation appeal on
QR77 and Shine FM
raised almost
\$40,000 in on-line
donations in 30
days!**

THANKYOU!



*Recipe from the
Kitchen at Calgary
Meals on Wheels*

JUNE 2010

Message from our Executive Director

I would like to say thank you for all the ongoing support we have received this year.

The financial support from our donors, sponsors and stakeholders allow us to continue our subsidy program and meet our ever increasing operational costs. The time and compassion given freely by our volunteers provide us the resources to ensure our meals are delivered to our clients.

The grants received from all levels of government and foundations ensure repairs are done in a timely manner, aging equipment is replaced, and our operation runs smoothly, which keeps the heartbeat of the agency moving forward. We are truly blessed by each and every person who comes our way.

Our Capital Project Committee has been meeting regularly and has brought forth a unanimous recommendation to the CMOW Board to sell the 58th Avenue location, purchase a smaller building to fund a portion of our costs. On March 4th, our Board voted unanimously to accept the recommendation.

This equity, combined with the costs savings to renovate a smaller building, will significantly reduce the funds required to see this project to its completion. Ultimately, we believe this decision is in the best short and long term interests of our donors, clients and volunteers.

As a valued supporter of Calgary Meals on Wheels, we thank you for your continued support and understanding of our new direction. We are excited about the fresh opportunities this affords us and look forward to completing our relocation in the very near future.

We will keep you informed as we move forward , and we thank you all again for your support.

Janice Curtis

Cream of Green Pea Soup - Easy & Delicious

Ingredients:

1 ¾ Cup Diced Onion	1/4 Cup of Flour
1 ¾ Cup Diced Celery	5 Cups of Vegetable Broth
1/4 Cup of Butter	2 Cups of Frozen Green Peas
1 ½ Tbsp of Crushed Garlic	1 ½ Tsp White Pepper
2 Cups of Milk	Salt to Taste

Melt Butter in a saucepan.

Add onion & celery and cook until tender. Stir in flour to make a roux (a paste to help thicken the soup).

Add Vegetable Broth and stir until smooth. Add peas, salt & pepper. Simmer until peas are tender.

Remove from heat. Puree the mixture until it is a smooth and even consistency.

Add milk slowly and blend well. Check for flavour and adjust if necessary.

Enjoy



Fire Safety for Seniors

Make sure your smoke alarm works! Ask your local fire Department, friend or relative to help you with the following:

- **Install a working smoke alarm on every floor in your home and outside your sleeping area. Make sure that it is loud enough to wake you if you are asleep!**
- **Test the battery in your smoke alarms once per month. This is done by pushing the test button on the alarm.**
- **Never disconnect your smoke alarm for any reason.**
- **Have a telephone installed where you sleep in case of emergency.**
- **Make sure that you are able to open all doors and windows in your home. Locks and pins should open easily from inside. If you have security bars on doors or windows, they should have quick-release mechanisms inside so that they can open easily.**

Check to be sure that windows haven't been sealed shut with paint or nails. If they have, arrange for someone to break seals around the window or remove the nails.

Know exactly what to do and where to go if there is a fire. Make a home escape plan or refer to your building's fire safety plan.

If you smoke use large, deep ashtrays and always make sure the butt is out. **Never** smoke lying down or if you are in bed.

Don't reach over a hot burner when cooking and make sure your sleeves are rolled up when cooking.

Most fire victims die from smoke, not flames. Smoke always rises, so you must get down on the floor where the air is cleaner. Crawl on your hands and knees to safety.

To contact the Calgary Fire Department for more information just dial 311.

In Memoriam

Our thoughts and prayers go out to the families of Mary Lavender, Herb McNeill, Almas Walden, Betty Cuch and Michael Gomery.

Thank you to our former volunteers

In Recognition of former volunteers and a heartfelt thanks to Kathy Dunn and Margaret Elkins.

ADOPT A ROUTE PARTNER

Throughout the year, corporations, businesses, service clubs, and faith communities have helped us build strong communities by adopting a route. We want to especially thank our partners for their continued support.

Church Groups Hope Lutheran, Advent Lutheran, Foothills Lutheran, Holy Name Parish, St. Laurence Anglican, St. Bonaventure Parish, Knox Presbyterian, Varsity Acres Presbyterian

Corporate Groups IBM Canada, Centron Group of Companies, O'Rourke Engineering Ltd., Hopewell Group of Companies, and Shell Canada.

A special welcome to our growing Adopt-a-Route Partners:

- Calgary North Hill Lions Club
- Enterprise Rent-A-Car and their partners Intact Insurance and the Cooperators

If you would like to help us save on postage and printing costs, please provide us with your email address. Please contact CMOW at 403-243-2834 or by email at info@mealsonwheels.com

Thank you.

SPECIAL POINTS OF INTEREST

- Calgary Meals on Wheels launched it's first ever On-line Fundraising Auction on Feb. 17th, 2010.
- Kelly Hrudey from Hockey Night in Canada participated in our Auction with a Hockey Package in Toronto!
- Our Volunteer Symposium on March 13 was a great success. We invited speakers to inform about Emergency Procedures and to share resources available from the Canadian Diabetes Association. Thank you to all those involved.

Notice of the 2010 Annual General Meeting

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Our 44th Annual General Meeting (AGM) of Calgary Meals On Wheels was held:

Wednesday May 12th, 2010

If you wish to obtain a copy of our Annual Report, please visit us at

**www.MealsOnWheels.com
 or call 403-2243-2834**



Our Newly elected Board of Directors Members are:

Loren Falkenberg	President
Bruce Wade	Vice President
Allan Pedden	Treasurer
Eileen Butler	Secretary
Eileen Gukert	Past President
Karen Boyd	Director
Daryl Genereux	Director
Carolyn Guichon	Director
Wendy Powell	Director
John Whittle	Director
Janice Curtis	Executive

~ ~ ~
Thank you to:

**Dick Brown
 Anne Kleffner
 Rick Grol
 Dan Shannon
 Margaret Lounds**

For serving on the Board of Calgary Meals On Wheels



Yes I want to donate to Calgary Meals on Wheels

Donor Name: _____

Address: _____ City,Prov.,PC _____

Phone: _____ Email: _____

Enclosed is my donation by (please check one):

Cheque Money Order Visa M/C AmEx Online @ www.MealsOnWheels.com

Credit Card Number: _____ Exp. Date _____

Name on Card (please print): _____ Signature: _____

I prefer to budget my donation over the year and make a monthly donation

Monthly Donation Amount: \$ _____ Starting (month) _____, 2010

I would like to designate my donation to:

Meals or No Meals™ Capital Campaign Client Services Greatest Need

I would like: A tour of the facility More Information about the Building Project

Information about Estates & Legacy Gifts

Calgary Meals on Wheels will automatically mail receipts for income tax purposes for all donations of \$10 or more

3610 Macleod Tr SE, Calgary, AB, T2G 2P9 Phone: 403-243-2834
www.MealsOnWheels.com Email: fundraise@mealsonwheels.com

Charitable Registration No. 11882 3749 RR0001

100% of your donation will go to support Calgary Meals on Wheels Programs. We do not pay commissions on fundraising.

A Special Thank You To

- Bank of Montreal
- **BMO Employee Charitable Foundation**
- Calgary Catholic Charities
- **Calgary Foundation**
- Calgary NorthHill Lions Club
- **Clearwater Charitable Foundation**
- Devon Canada Corporation
- **Enbridge**
- Encana Cares Foundation
- **FCSS**
- Hunter Family Foundation
- **Nickle Family Foundation**
- **QR77/Westin Hotel Calgary Children's Charity**
- **Samaritan Club of Calgary**
- Seaman Family Foundation
- **United Way of Calgary**
- **William S Herron and Marjorie A Herron Charitable Foundation**

