



**Special Interest  
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*Location: 310 4<sup>th</sup> Street, Bemidji (across from City Hall)  
Mailing address: PO Box 3118, Bemidji, MN 56619  
Phone: 444-6580  
Open: Monday, Wednesday, Friday 10:00-3:30 and  
the third Monday of each month until 7 PM*



## FS Farm a Success

Thanks to all of the hard work of many volunteer groups and the generous use of fields provided by Gary and Cindy Vanyo, the food shelf is receiving a bumper crop of vegetables. We will be able save a great deal of money normally used to purchase potatoes since it was the largest crop planted last spring. That money can be used to purchase other items needed to keep the shelves stocked.

Many groups and individuals turned out this summer under the direction of volunteer coordinator Marge Danielson to perform such chores as ground preparation, planting, weeding, watering and now harvesting.



There are still ways that you can help at the farm. To sign up your group or to volunteer as an individual, to be called upon as needed, please contact Marge at 759-9514 or e-mail [gdaniels@paulbunyan.net](mailto:gdaniels@paulbunyan.net)

We also want to thank the many folks who are providing extra produce for our clients. The fresh fruits and vegetables are a wonderful addition to gleanings we put out each day that we are open. Our staff and clients are so appreciative of those who are sharing their excess with their neighbors who are less fortunate.



## Items we can always use!

We are often asked by donors what it is that we need the most. The following items are ones that we often run short on and can always use. Watch for them to go on sale.

*Tuna, Saltine Crackers, Rice,  
Hot and Cold Cereal and Peanut Butter.*

## Welcome Lakewood Community Church




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18 local churches provide over 125 volunteers who keep the BCFS running smoothly.

The Bemidji Community Food Shelf is a non-profit organization that was started in 1982 by a group of local churches. Throughout the years the number of churches has been as high as 22. In recent years we have had a board of directors consisting of a representative from each of 17 churches. This month we are proud to announce that Lakewood Community Church of Wilton has joined BCFS and now have a representative on the board. Each member church provides volunteers to stock shelves, distribute food, accept deliveries, weigh and sort donations and clean one day a month. Member churches also provide support with regular food drives, “Dough for Bread” collections and monetary gifts. We are looking forward to meeting and getting to know the members of Lakewood Community Church as they begin taking part in the activities at the food shelf. If your church is interested in becoming a part of this vital service to our community please contact our board president, Pastor Bill Beyer.

## Backpacks for Education



The BCFS would like to thank Applebee’s for the “Backpacks for Education” promotion they held in the month of August. When customers brought in a backpack filled with school supplies they received free appetizers with their meal. The backpacks were then brought to the food shelf to be distributed to children whose parents were not able to purchase them before school was about to start. Clients were very appreciative and we saw a lot of very happy children go out the door already wearing their prize!

Did you Know?....

Value Smart, a Bemidji Consignment store will accept items that you no longer want and the proceeds from those sales will go to the BCFS.

The store accepts all kinds of used items including dishes, furniture, toys, hardware, tools, and clothing. Please be sure it is clean and in good condition. You are allowed to drop off two bags or boxes from Wed – Sat from 9-4. Mark the boxes clearly with **#3250** and let them know it is for the food shelf.

## Yet Another way to Make Donating Easier for You!

You can now donate on-line and print your receipt immediately! Just go to the BCFS web-site and click on the donate button! Or if you have friends or relatives that live out of town, but have an interest in donating to a worthy cause, they can do so just by turning on their computer! Donations can be made in memory or honor of someone too!

Thanks to a wonderful volunteer we have a website that provides a great deal of information about the food shelf. There is an events page to keep you up to date on activities, the newsletter is attached, and there are links to several sites with data on hunger issues. Right now we have an interesting video about the Food Shelf Farm for you to view!

Just do a Goggle search for the Bemidji Community Food Shelf and then bookmark the site so that you can return periodically to see changes!

See us at:

<http://www.paulbunyan.net/bemidjicommunityfoodshelf/>



## Other Ways to Help!

*Help raise money for the food shelf by saving UPC barcodes for cash! When the food shelf receives a check it will be spent directly on additional food to put on the shelves.*

*Save your "Our Family" UPC barcodes on any of the 2000 items found in our local groceries and the food shelf will earn \$25.00 for each bundle of 500 we send to the company.....It's that easy!*



### 4<sup>th</sup> ANNUAL CORNERSTONE MISSION DINNER

Friday, October 2, 2009

5:00 to 7:00

Evangelical Covenant Spiritual Live Center

Adult: \$9.00 Child 6-11: \$5.00

Minnesota Chicken Dinner

Ticket Sales (above expenses) purchased at the Food Shelf or from a Food Shelf representative and Silent Auction proceeds donated specifically for the Food Shelf will go directly to BCFS. You can help by attending the dinner and/or donating items for the silent auction. Join us and look over our display as well as displays of several other local missions in our community.



*Together we make a difference!*

## A Good Problem

We have been very fortunate at the food shelf to have donations that are meeting the needs of our client load. The Beltrami County residents have certainly rallied during this time of economic stress to help their neighbors who have lost jobs or face expenses that exceed their current income. There have been times when we actually need more space to handle the donations or for the food we receive from the USDA program. This year there has been an abundance of meat we can accept from North Country Food Bank, but at times we do not have enough freezer space to accommodate our full order. It is our dream to offer clients service more than their limit of four visits per year, but without adequate space for storage we cannot begin to think about expanding services. If you know of spaces that could be donated for our use we would appreciate hearing from you. This would include both dry storage and freezer space.

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Contact:  
Carolyn Hegland  
BCFS Coordinator  
444-6580  
bcfs@paulbunyan.net

## Venison Program Still in Place




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*With new rules, the state's venison donation program is still in place!*

The state's venison donation program will go on this year, though with a couple of new rules. Ground meat can be allowed and the venison from deer harvested by bow hunters won't have to be tested for lead.

Despite the changes, it's likely the number of deer donated will be down, according to the Lou Cornicelli, DNR big-game program coordinator. "We had a big drop last year because we had half as many processors compared to 2007. It will probably go down again this year because we have more lottery areas."

Concerns about lead in donated venison came to light in the spring of 2008. The MN Dept of Agriculture and the DNR made a number of changes to keep the program viable in 2008 including not accepting ground meat and requiring training for the processors. This year ground meat will be accepted because all the meat will be tested.

The Bemidji Locker Plant has always cooperated with the Bemidji Community Food Shelf in this program by taking the training and following all of the new rules as soon as they were released. The food shelf receives several deer each year from local hunters who have a desire to help their neighbors with emergency food needs. Venison is a very popular choice among clients visiting the BCFS. In 2007 there were 160 deer donated to help local families. It dropped significantly during the lead controversy, but we are optimistic about the future of the program.

Hunters can donate by dropping off a field dressed deer with the hide still on at the Bemidji Locker Plant and by paying a bonus fee of \$1, \$3, or \$5 at the time they purchase their license. Hunters generously donated more than \$50,000 in 2007 to help defray the cost of processing the venison.

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## Meet our Treasurer: Lori Brama

Hi, I'm Lori Brama, treasurer of the Food Shelf. I'm married to Gary and have two grown daughters, Holly (married to Jon Tri) and Nicole (married to Phil Nelson). I also have 3 grandchildren, Hannah, Jason and Amelia and one on the way. I've lived in Bemidji for 40 years. I work at the Evangelical Covenant Church. In my spare time I mostly work with dogs. I do obedience training, both for 4H and for Paul Bunyan Dog Training Association, and I am a 4H obedience judge. I have three dogs of my own, Indy, Sian and Annie, and I enjoy training and competing with them. I am also a volunteer with Beltrami County 4H as a dog project leader and club leader. My two oldest grandchildren are a part of 4H also and in the club I lead. This summer they enjoyed raising pigs for the fair along with chickens and other projects. 4H is a great family organization to be a part of. So, if anyone is trying to find me - I'm generally in a dog arena or a barn!



## We'll recycle your old ink cartridges!!!!



The food shelf has an OfficeMax perks account that can be used to help pay for our printing costs. When we purchase items or if we turn in old ink cartridges we get reward credits that can be used towards our next order. It is amazing how fast these add up and help us a great deal. Every dollar we save on office supplies and printing costs is a dollar we can spend on food! Just put your old cartridges in a small plastic bag and drop them off at the food shelf and we'll recycle them.

We do use a lot of paper in the day to day operation of the food shelf. If you ever have an extra ream that you feel you could donate it would be greatly appreciated. We use mostly white, but for an occasional poster we can use colored sheets.

## Volunteer Opportunities

If you are looking for other volunteer opportunities in our community there are many to choose from. A good source for finding these would be the web page for Community Resource Connections (CRC). It is also a good source of information about what types of services are offered in Beltrami County. There is a link on the food shelf web page or you can merely Google Community Resource Connections. You can also type this address into your browser.

<http://www.communityresourceconnections.org/home/index.php>

# Donation Receipt Changes in 2009



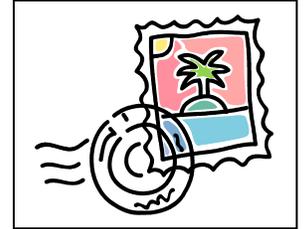
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There will be some changes in how we record and report to individuals and groups on their donations. Due to the high cost of postage we will only send out one receipt per year. We will keep a running account of your donations throughout 2009 and send you a total for tax purposes at the

end of the year. In the past we tried to acknowledge your generous gifts with a thank you more often during a fiscal year, but we have realized you would certainly understand that the money spent on postage would be better spent on food for our clients.



## The Executive Board for the BCFS includes:

President: Bill Beyer  
Vice-Pres: Nancy Streightiff  
Treasurer: Lori Brama  
Secretary: Deb Heineman  
Coordinator: Carolyn Hegland  
Manager: Myrtle Smetak  
Interviewers: Debra Hawthorne  
June Roxtrom

## Need a speaker?

If your organization or club needs a speaker and would like to hear more about the BCFS we would be glad to attend a meeting and share information with your group.

*"Live simply, so that others may simply live"*  
-Mother Theresa

## About Our Organization..

Many new faces are appearing at area food shelves. Children and senior citizens are among the growing number of needy being affected by high food and fuel prices, unemployment, rising medical and prescription expenses and a multitude of other factors. Minnesota Hunger Partners said one in 17 Minnesotans rely on a food shelf at least once during the course of a year. Together we can make a difference in our community. No one should suffer from hunger when we have the means to help. Please consider becoming a "Friend of the Food Shelf".

Yes, I would like to become a "Friend of the Food Shelf" and receive regular mailings or e-mails to keep me informed.

Name \_\_\_\_\_

Address \_\_\_\_\_

E-mail address \_\_\_\_\_

Please mail this form to the following mailing address or drop it off at the food shelf.

**BEMIDJI FOOD SHELF**  
PO Box 3118  
Bemidji, MN 55619