



PROBUS CLUB OF CENTRAL EDMONTON

NEWSLETTER

www.probus-central-edmonton.com

Editor Kate Hobin

**Meeting Location: Victoria Golf Club Edmonton
12130 River Valley Rd NW**



EVENT & TOUR HIGHLIGHTS

January 28 – Tour of Edmonton Food Bank

Established in 1981, The Edmonton Food Bank was the first in Canada. Currently it is “an affiliate member of Food Banks Canada” committed to “relieving hunger today. Preventing hunger tomorrow.”

The Mission & Values state - We envision a community where hunger does not exist, where all citizens have access to an adequate and nutritious supply of food.

The Mission - is to be stewards in the collection of surplus and donated food for the effective distribution, free of charge, to people in need in our community while seeking solutions to the causes of hunger.

The Guiding Values state - Commitment, Integrity, Service, Innovation, Responsiveness and Fairness govern the manner in which we work.





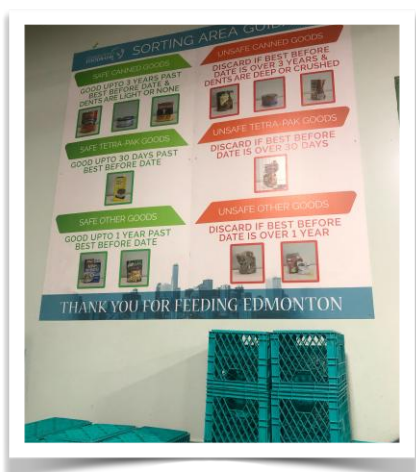
Our tour introduced the members to an amazingly well conceived and operated Food Distribution organization - the first in Canada that opened on January 16, 1981. Since its inception, it has expanded and served Edmonton and surrounding communities through changing times and needs. The Food Bank owns and manages warehouse and office spaces, a fleet of trucks (some refrigerated) and operates with the support of a board of directors, corporate and private sponsors and donors, staff and many volunteers. It is NOT a food distribution location for the general public (although staff will help anyone who comes to the door). Rather, it is a 'well oiled machine' that gathers food and toiletry products from all major grocery chains, including COSTCO and fundraising drives that are held by local charities, businesses, schools, etc. throughout the Christmas season and other times of the year. We were able to view the large pallet boxes that are still full with non-perishable items from the Christmas Drive that are currently in the process of sorting. Approximately 68% of donated items comes from the grocery chains with the remainder through food drives and other donations.

The amount of food distributed annually has grown immensely over the years. Distribution is a process of fulfilling the needs of individuals as best as possible through their local organizations, churches, associations, charities, etc. Each food box is prepared according to availability of items and toiletries and individual requests in keeping with their needs and culture. Staff and volunteers fill the boxes to get them ready for stacking on a pallet where they are shrink-wrapped and then trucked to their organization where they are then distributed to the people in need.

Associations also come and 'shop' in the warehouse for fresh produce, etc. to take to their respective centres where they cook and feed those in need.

Facts and Photos:

- Open 8:30-8pm Mon to Thurs - Friday and Saturday 8:30-4:30
- 43,000 hampers per month
- 90 Schools supplied with snack program
- Smaller individual boxes since 2022
- Buildings are owned through donations
- Donations of bags welcome
- Food is supplied to many organizations such as Hope mission, Salvation Army etc
- Not just food but also pharmaceuticals, toiletries, clothes, diapers
- For every dollar given .91 cents is given to food and .09 cents to admin costs.
- Boxes are made up and clients are given a time window to pick up.
- No proof of need is required where as St Albert does ask for proof
- 40,000+ helped each month
- 34% children
- 5.5M kg+ food distributed in one year
- 322 average daily calls daily from clients
- 323 average daily online requests from clients
- 400,000 easy & snacks in one month
- 2,2200 special events per year
- 80+ Food depot



GUEST SPEAKER HIGHLIGHTS

Guest Speaker January 28

Megan Bieraugle, UofA Doctoral Candidate

Topic: *Dog Domestication and Diet across the Prairies over the last 9,000 years.*

Megan grew up on an elk farm just west of Edmonton where she developed a passion for all 'critters.' She is currently a fourth year PhD student at the University of Alberta studying the life history of dogs on the Canadian plains. Megan completed a Bachelor of Science in environmental science from Concordia University of Edmonton. She then completed her Master of Science in environmental archaeology and palaeo-economy from the University of Sheffield, England. Upon the completion of her doctorate degree, she hopes to continue researching plains zoo-archaeology and teach at a university. Megan also loves all things outdoors. When she is not working on her doctorate, she enjoys camping and hiking. She has recently grown an interest in aquarium and tropical plant keeping. On a rainy day you will probably find her curled up with a good book and a cup of tea.



RESEARCH INTEREST: Archaeological Canids on the Canadian Plains

RESEARCH QUESTIONS:

1. How did Indigenous people interact with canids on the Canadian Plains in the past?
2. Can canid remains be confidently identified metrically?
3. Can we use tooth wear patterns to understand canid life histories?
4. How did the body size of dogs vary through time in relation to human population movements and cultural and ecological change on the prairies?

Megan provided a stimulating discussion on her research process which covered visiting various skeletal archives from institutions throughout the world to gather data. Her process continues as she narrows down the answers to her questions.

HUMOUR & MUSINGS

“Life is like a camera. Focus on the good times, develop from the negatives, and if things don’t work out, take another shot.”

A good photo and a good life require some perspective.

“I thought growing old would take longer.”

Turns out, time flies when you’re not paying attention.

“Don’t worry if plan A fails, there are 25 more letters in the alphabet.”

Life is full of backup plans—some of them even better than the original.

“I didn’t fall. The floor just needed a hug.”

Because sometimes gravity just wins.