



Arlington Food Assistance Center

“Fighting Hunger in Arlington”

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IT IS FEINSTEIN CHALLENGE TIME AGAIN!

You can help AFAC raise more to feed hungry families in Arlington and be a part of the nation’s largest grassroots effort to fight hunger by giving a gift of food or money to AFAC now. For the past eight years, Alan Shawn Feinstein has been giving away \$1 million annually to anti-hunger agencies throughout the country. Mr. Feinstein’s past \$1 million challenges have raised more than \$350 million for agencies nationwide.

Last year, AFAC raised \$42, 365 from the Feinstein challenge. This year, your gift to AFAC from March 1, 2007 through April 30, 2007 qualifies for a match of funds from the Feinstein million. We will get a share of that amount based on our portion of the total amount raised. The more you

give by April 30, 2007, the more we will get later.

Participation is simple. Please make your gift now in the enclosed envelope. On the notes line on your check or in a note enclosed with the donation please specify that your donation is for the Feinstein Challenge.

Last year at AFAC, we distributed over a million pound of food to needy families right here in Arlington. We expect to exceed that amount this year. Your help is very much needed and with our extremely low overhead, (5.5 percent) you can be sure that your gift will be used to its utmost effectiveness.

AFAC LOSES FRIEND, GINNY KNULL

We are sorry to report the death of Ginny Knull. Many of you may remember Ginny, the wife of Bill Knull. Bill was one of the founders of AFAC. Ginny was an early supporter of AFAC, beyond the work done by her husband. The Knulls son, Chip, is also a supporter of AFAC. Last summer Ginny’s grandson, Warren Knull, was a volunteer at AFAC. We offer our sympathies to all the members and friends of the Knull family.

FOOD DRIVE DAY AND RESTAURANT NIGHT FAST APPROACHING!

AFAC and the Arlington community are once again marking National Hunger Awareness Day by sponsoring food drives and our 4th annual Restaurant Night. National Hunger Awareness Day is Tuesday, June 5, 2007.

You can help us fight hunger in Arlington on National Hunger Awareness Day in two ways:

First, sponsor a food drive at your work, school, apartment building, church, club – virtually anywhere you will be on National Hunger Awareness Day. It is easy to do, and we will help with flyers, fact sheets, tips on running a successful drive, even bins for the food. Second, have dinner that night out at one of the dozen or more restaurants that will be supporting AFAC that night by donating a portion of their evening’s proceeds to us. You will have a wide choice of different cuisines and various locations all around Arlington.

Help us spread the message that hunger is an issue in Arlington. Did you know that nearly 8 percent of Arlington households live below the poverty line? In addition, over a third of children in Arlington Public Schools qualify for the free lunch program. The high cost of living here means that many families simply cannot make ends meet. You can help us help them!

Last year, National Hunger Awareness Day food drives brought in over 6,400 pounds of food from more than 25 food drives, and 14 restaurants participated in the Restaurant Night. Please help us do even better this year on Hunger Day.

Check AFAC’s websites for updates on National Hunger Awareness Day activities. If you would like to sponsor a food drive, please contact Tammy Waldum, AFAC’s food drive coordinator, at (703) 845-8486 or at afactammy@aol.com.

See you on National Hunger Awareness Day!



You can donate online to AFAC. See our website for details. www.afacinfo.org

AFAC BOARD MEMBERS

Eileen Conoboy
Sue Covucci, Vice-Chair
Koji Hirota, Recording Secretary
Cindy Irving
Fred Jones
George Keller, Treasurer
Andrew Lee, Corresponding Secretary
Edd Nolen
Nancy Schindler
William Shumann
Karen Taylor
Andres Tobar
Jim Whelan, Chair

AFAC STAFF MEMBERS

Christine Lucas
Wendy Salomon
Tammy Waldum

Nancy Cude
Puwen Lee

Michael Hazel
Bernard Rogers
Wusu Dumbuya

Mario Vargas
Kieth Shivers
Alvin Faggins



LETTER FROM THE CHAIR

- JIM WHELAN

We have Good News and we have Great News:

Good News – AFAC is now helping more families than ever before. Following the September 11th disaster, when so many workers in the hospitality, meeting and travel industries were without work AFAC set records for providing groceries to the greatest number of families. After the return to more “normal” work conditions, our numbers subsided to a “normal” level. However, over the last year we have been experiencing a continuing growth in our client base. At the end of the year the monthly number of families served broke through the historic high and has remained at the elevated level.



Who refers clients to AFAC? In the last week of January, we supplied groceries to families referred by Arlington County agencies (including schools, retirement facilities and the Department of Human Services (DHS), other non profits, and “walk ins” :

- We serviced 407 (58 percent of our total) clients referred by Arlington County
- 183 (26 percent) of our clients referred by other nonprofits
- Clients who just showed up at our door totaled 105 (15 percent). Clients who are “walk ins” are given an emergency supply of groceries and instructed to visit DHS in order to receive a referral for future groceries. A referral is active for 90 days and, if necessary, can be renewed by the agency.

We are fulfilling our mission of serving those in need.

And now, the Great News – The level of everything that we depend upon to carry out our mission has risen to meet the challenge.

- The Boy Scout drive, as usual, provided us with a warehouse full of groceries
- The food drives over the holiday season kept the warehouse well stocked
- Volunteers continue to shoulder the burden of keeping the machinery in motion which allows us to direct about 95 percent of our cash resources to groceries for our clients
- As word of our work and need spreads, more organizations, clubs, schools, and churches are coming up with imaginative ways of raising food and funds
- Our generous contributors continue to donate funds that allow us to buy fresh milk, eggs, meat, produce and take advantage of special food purchase opportunities as well as maintain the trucks, facilities and payroll.

We thank all of you who have donated groceries, money, and volunteered. You make it possible to continue serving Arlington residents in need.

Jim Whelan

EDD NOLEN, LONG TIME AFAC BOARD MEMBER WINS COMMUNITY SERVICE AWARD

In recognition of his long service to Arlington community, Edd Nolen was recently honored as the Man of the Year by the Arlington Inter-Service Club Council. He was nominated by the Kiwanis Club of Arlington, of which he is a long-time member. He has also served as president of the Arlington Kiwanis Club and has been an advisor to Kiwanis sponsored-youth organizations at Washington-Lee, Yorktown, and Bishop O'Connell high schools. Kiwanis is an international organization of volunteers committed to improving the lives of children. Press coverage of Edd's well-deserved honor could not detail his long-standing dedication and service to the Arlington Food Assistance Center (AFAC) – work about which we are justly proud and appreciative – so this article provides a brief summary. The Kiwanis Club of Arlington has been a valued, long-time supporter of AFAC and its provision of food to many families with children.

In various volunteer capacities over the last 12 years, Edd has served the Arlington community, the AFAC Board, and AFAC clients. He was President of the AFAC Board of Directors and has served as a member of the board for over two terms. Edd was part of the regular distribution team on Thursday mornings along with Dave Albright for over 10 years. He now serves as a driver on Mondays, picking up from the Giant at Bailey's Crossroads. (Apparently Edd also accompanies the AFAC van in Neighborhood Day Parades!!) He has also spearheaded the AFAC booth at the Arlington County Fair the past two years. Critical to AFAC's existence, Edd was responsible for identifying and,

along with Bill Knoll, securing the lease from Buck and Associates on our current South Nelson Street site and then working to refurbish and redesign the interior to suit the needs of AFAC's food distribution programs. AFAC moved from its earlier site at N. 10th St. and Washington Boulevard in 1997 in advance of anticipated redevelopment.

In addition to his work at AFAC and Kiwanis, Edd has been involved in the community in several other ways. He is a member of the Board of Vanguard Services Unlimited, which offers outpatient and residential treatment programs in addiction recovery throughout metropolitan Washington, DC. He is the Vice-President for Programs of the Arlington Interfaith Council, and a Democratic Precinct Captain for Rock Spring Precinct. Edd and his wife Anita are active members of Resurrection Lutheran Church, where Edd serves as a Trustee, and are members of the Arlington Committee of 100. Anita is a partner and facilitator in many of Edd's volunteer activities. Edd and Anita have been married for 39 years and have four daughters and five grandchildren.

Long involved in church volunteering, Edd was able to take on civic and political volunteering after his retirement from a career serving as a staff member to two representatives in the House of Representatives, U.S. Congress. His last government assignment was for the House Appropriations Committee. Clearly Edd has had a busy second "career" as a Volunteer! Congratulations Edd!

2006 CROP WALK

- BEST EVER!

AFAC is the local recipient of 25 percent of the proceeds of the annual Arlington CROP Walk, sponsored by the Arlington Interfaith Council. This year, the success of the CROP Walk means that AFAC will receive more than \$10,000, a record. On Saturday, October 21, 2006, more than 150 walkers raised more than \$41,000, the most successful CROP Walk in Arlington since it began more than 25 years ago. Fred Jones, Coordinator of the Arlington Walk (and an AFAC Board Member), said, "The respect and support that AFAC enjoys in Arlington makes it that much easier to get folks to pledge for a CROP Walk."



The CROPWalk team from St. Peter's Episcopal Church assembles just before CROPWalk 2006 begins.

BOY SCOUTS FIGHT HUNGER IN ARLINGTON

2006 Food Drive Collects More Food than 2005 Drive

The 2006 "Scouting for Food" food drive conducted by Arlington Boy Scout troops last November netted nearly 60,000 pounds of food for AFAC. This year's drive garnered 7 percent more food, an additional 4,000 pounds of food.

"The Boy Scouts have once again amazed us with their hard work and dedication," said Jim Whelan, Chair of AFAC's Board of Directors. "This food drive is so greatly appreciated, and every scout who participated should know that their efforts are making a real difference in the lives of the 600-plus families that we serve each week. In addition, we thank Our Savior Lutheran Church and our neighbors at Hastings Architectural Restoration, Inc. for letting us use their space for sorting and boxing food donations. And we also thank the 210 other volunteers who donated well over 600 hours of help to us with those tasks. The generosity of Arlingtonians really shines through during an event like this," Whelan said.

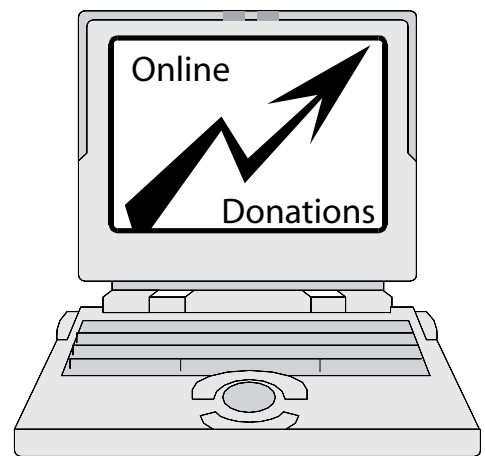
ONLINE GIVING TO AFAC GROWS

As Americans increasingly use their computers to complete tasks that once required treks to the local bank, store or post office, non-profits are experiencing a shift in the way they raise their funds. With the click of a button, people are able to make donations on a one-time or recurring basis to the charities of their choice. Here in Arlington, the Arlington Food Assistance Center (AFAC) has seen a surge in online giving as generous members of the community power up their computers to help feed struggling families in the area.

Last year, Carol Neeley took stock of what she had to be thankful for and made a New Year's resolution to contribute more to charitable organizations. As a regular contributor to Habitat for Humanity, she was looking for a local food assistance organization to support when she came across AFAC on the Arlington County website. Neeley decided to donate money to AFAC online via a monthly contribution, which allows her to adjust the amount as her finances dictate. "That way, I don't slack off and forget to write the check each month, and tax-wise, I can always find a record of my contributions easily." Her online donation helps get much-needed food on the tables of people who have difficulty purchasing adequate groceries for their families. In addition to offering financial support, Neeley plans to lend her time and effort to AFAC by volunteering at the food bank with her niece and nephew.

**...INDIVIDUAL E-DONATIONS GROWING
FROM \$10 MILLION TO MORE THAN
\$4.5 BILLION NATIONALLY.**

Andy Elby was motivated to donate to AFAC "because of the good job AFAC does feeding people in the County," and he chose the online method because of the convenience



factor. This e-philanthropy is becoming increasingly common, according to Washington Grantmakers. Online giving has skyrocketed in the last five years, with individual e-donations growing from \$10 million to more than \$4.5 billion nationally.

The transparency that the internet engenders also allows would-be donors to research the overhead costs of an organization and learn how their funds will be used. AFAC's low overhead costs (only 5.5 percent) are but one indication of its management philosophy and its commitment to minimizing administrative costs while maximizing direct services to its clients.

AFAC is grateful to the generous supporters who help keep the shelves stocked and groceries moving through their online donations. Anyone interested in becoming an online donor can visit www.afacinfo.org and click the Network for Good link to get started. Remember – whether you are able to give \$5 a month or \$500, putting your money where other people's mouths are helps fight hunger here in Arlington and can have a sizeable impact on the lives of our less fortunate neighbors.

PRESIDENT'S AWARD

- RECEIVED BY JIM WHELAN

In December, Jim Whelan, AFAC Board Chair, received the Arlington Chamber of Commerce President's Award for leadership for his service to Arlington Chamber of Commerce. Jim heads ProActive Corporation of America which provides strategic and business planning to small and mid-size organizations.

The annual President's Award, recognizes the individual who, through volunteer effort, has made an outstanding contribution of assistance to the chamber. The President's award is designed to recognize a member who rises above the crowd. While the award can be for one outstanding act, or for a lengthy period of service, in Jim's case the award was for a great volume of volunteer effort for the Chamber.

*...IN JIM'S CASE THE AWARD WAS FOR
A GREAT VOLUME OF VOLUNTEER
EFFORT FOR THE CHAMBER.*

Jim Whelan was a Member of the Chamber Board of Directors, a Vice Chair of the Executive Committee, a regular participant in four standing committees, and facilitator for the monthly Small Business Roundtable.

The Roundtable is a highly successful program of the Arlington Chamber of Commerce due directly to Jim Whelan's leadership and talent. The Roundtable is designed for small business owners to meet and discuss business topics that are significant to their company's long term success such as strategy, finance, sales and marketing, revenue growth and increased profitability.

In addition, Jim directed two committees to attract and maintain Chamber membership. He also served on the Annual Gala silent auction committee, Government Affairs and Economic Development Committee, and on the Community Action Committee, which conducts activities for non profits.

In addition, he was a patron sponsor of the Annual Gala and a segment of the Breakfast Connection series. The Breakfast Connection is a networking event that gives attendees a chance to introduce their business to others who are either potential customers or who can refer them to the business community.

Jim served as Team Captain of the Total Resource Development Committee. The Total Resource Campaign is focused on making members aware of the many benefits available by participating in Chamber activities.

In 2007, Jim is serving as the Chamber's Treasurer and on the Board plus, with the exception of the Membership Committees, his continued involvement in the four standing committees.

2006 HOLIDAY FOOD DRIVE

John Linnelly & Hunter Christy from Arlington Independent Media drop off the 240 pounds of food collected at the AIM membership holiday event.



Betsy Cuthbertson, her daughter, Lea Sloan and her sons help coordinate the

4,212 pounds of fruit donated to AFAC through the HB Woodlawn Chorus fruit sale.



Students from the Jhoon Rhee Tae Kwon Do School show off some of the 750 pounds of cereal they collected for AFAC.

YOUTHS WITH A DREAM

- VOLUNTEERING AT AFAC

At 6:00 p.m., many young people are at home eating dinner with their families, or engaged in recreational activities, but on the last Wednesday of the month, volunteers from the *I have a Dream Foundation* are at AFAC energetically bagging food for AFAC clients.

What truly makes this lively group of young people unique is not that they bag food at AFAC since there are actually a total of 18 groups that help bag the food for distribution to AFAC clients. What makes this group special is that they have turned bagging food for AFAC clients into an athletic event.

The *I Have a Dream Foundation* volunteers, who have ranged in age from 14 to 17, line up in two parallel lines of four or five baggers. Everyone in line is in charge of a different item of food to put in the bags. The typical types of food placed in bags are canned fruit, beans, pasta, meat, soup, and vegetables. One runner works his way up and down the line holding a bag while each of the baggers fills the bag with their item. The group's leaders Tracey Proctor and Lynell Johnson then race back and forth to the pallets of food in the AFAC warehouse to replenish the food groups for those in the assembly line. Two additional people stand at the end of the lines and roll the bags. The young people celebrate their successful and quick bagging nights at AFAC with a trip to their favorite Chi Chi restaurant.

**"VOLUNTEERING AT AFAC HAS
IMPACTED OUR DREAMERS..."**

The young people are quite proud of their record of 300 bags in 28 minutes that was set last August. It took the group two years to reach this record and as of yet they have not been able to break the record. They are confident that they will set a new standard soon.

Young people of various ages from *I Have a Dream Foundation* have been volunteering to do bagging at AFAC for over five years. Laura Donahue and Chris White brought the first group of dreamers that came to AFAC. That original group has long since graduated from high school and moved on to post secondary education. In recent years, their friends from the P.G. Ballers, a basketball team from Prince George's County, have joined the *I Have a Dream* youths.

"The *I Have a Dream* group has always faithfully come and filled their 300 bags at AFAC. I have enjoyed meeting students from the Dream Teams," reports Volunteer Coordinator Nancy Cude. "They come in and get their job done. They are dependable, and, yes, they are fast!"

CURRENT AFAC VOLUNTEER NEEDS

Distribution help needed Tuesday mornings, 9:30 am - 12:30 pm, to distribute food to our clients. You would join an experienced team. This is a weekly commitment.

Warehouse helpers to assist weekday mornings 9 a.m. - 1 p.m. with food deliveries.

Drivers to pick up donated food from local grocery store, weekday and weekend evenings, 10 p.m.

Office help needed weekday afternoons to assist Executive Director with light office work, answering phones & general inquiries, data-base entry.

Come bag groceries at our Drop-In Night, the first Wednesday of each month at 6:30 p.m. It lasts about an hour. You need not register for this event.

Bring your children to our Family Night, the second Monday of each month, and bag groceries with your children. It lasts about an hour. Children as young as 5 can put cans in bags! You need not register for this event.

Individuals and groups needed to help with "de-constructing" the fourth annual CANSTRUCTION at Ballston Mall, Sunday morning, April 15th, a national community service project of the local design and construction industry.

Individuals and groups needed to help during the Letter Carriers Food Drive, Saturday, May 12th, collect food from local Post Offices & sort it at the AFAC warehouse.

There is a place for everyone -- religious groups, youth groups, school groups, corporate groups, civic groups and others. Please contact Nancy Cude or Puwen Lee, Volunteer Office staff, at (703) 845-8486 or email AFACNancy@aol.com for more information.

The *I Have a Dream Foundation* helps children reach their education and career goals by providing a long-term program of mentoring, tutoring, and enrichment with an assured opportunity for higher education.

"Volunteering at AFAC has impacted our dreamers in that they look forward to serving and helping the community," says group leader Proctor. Proctor reports educating the young people about how most of the AFAC clients work hard but are unable to pay their basic bills such as food, electricity and gas.

VOLUNTEER INTERVIEW

- DON HARTINE

Don Hartine has been a volunteer with AFAC for over 10 years. In 2004 he received the Volunteer of the Year award. He has lived in Arlington on and off for 22 years. Here Don talks about his AFAC involvement.

Question: How did you learn about AFAC?

Answer: I live near the old AFAC site at the corner of 10th Street and Washington Blvd. I'd spend my Saturdays with my father in Pennsylvania and would notice the clients lining up for food outside the building each week when I was heading out. When my Dad passed away, I decided to devote some of my newfound spare time on someone besides myself.

Question: Why do you volunteer at AFAC?

Answer: I have come to appreciate how fortunate I have been in life and figure I should at least pass some of it on to others. In my professional work, I have managed numerous Federal budgets, at times on anti-poverty programs at great distance from the direct services they support. Volunteering at AFAC allows me to see immediate, tangible results.

Moreover, when I review the Combined Federal Campaign catalogue of charitable causes in Arlington each year, I've found that AFAC maintains one of the lower proportionate overheads – 5.5 percent. More clients are served on Saturday mornings than at any other time of the week at AFAC and there normally won't be any paid staff there on the premises during that time. A volunteer will be supervising a church, civic or school group serving clients in South Arlington while I'm supervising a volunteer driver, groups, families and individuals distributing food in North Arlington. Meanwhile volunteers are picking up donations from businesses from all over Arlington, such as Giant, Harris Teeter and Randolph's Bakery.

Question: What do you especially like about volunteering at AFAC?

Answer: I get to know people from the community that I would not otherwise meet. I've become acquainted with appreciative clients, thoughtful volunteers, dedicated volunteer coordinators, accommodating members of Clarendon United Methodist Church (CUMC) and generous donors. At AFAC, you get to see people in their best light. For example, Celia Walker could more easily spend her Saturday mornings reading the paper at home or playing golf. Instead she chooses to open up the basement for clients at CUMC and have it ready for distribution every week. A group of middle school kids from Holy Trinity comes every month. And there are families that have been devoting one

Saturday each month for years, even as their kids have grown and moved on. In the case of the Buenafe family, there have been three siblings turning out in succession and now the eldest has returned after starting a professional career.

Question: What kinds of volunteer work do you do for AFAC?

Answer: Currently, I supervise the distribution teams on Saturdays at the North Site in the basement of CUMC. AFAC distributes there every Saturday to between 25 and 40 clients. Compared with distribution at the South site on Nelson Street, I'm more concerned with logistical issues – getting the van loaded with food at the warehouse, transporting it across town, getting it unloaded and set up for distribution, concurrently picking up donations at the Giant on Washington Blvd., reloading what remains after distribution and returning it for disposal or re-stocking on Nelson Street. Since we're limited to the food stock we've transported to this satellite site, we also have to deal with fishes-and-loaves issues to make the supply fit the number of clients that happen to turn out that day.

In the past I also volunteered to pick up food from Whole Foods on week nights for about three years.

Question: How have you benefited from volunteering at AFAC?

Answer: As trite as it sounds, it has brought me closer to my community.

Question: Why do you think AFAC's mission of providing nutritionally balanced supplemental groceries to families in Arlington is important?

Answer: As you point out, these groceries are supplemental. They won't feed clients, particularly large families, for an entire week. Nonetheless AFAC heightens the odds that basic nutritional needs are met.

Question: What food items have you noticed that clients really look forward to receiving?

Answer: As with anyone, they like being given choices. A variety of cereals never fails to be a big hit with clients. And seasonal produce goes over well.



ARLINGTON FOOD ASSISTANCE CENTER (AFAC)
2708 SOUTH NELSON STREET
ARLINGTON, VA 22206

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
ARLINGTON, VA
PERMIT No. 5066



SPRING 2007 EVENTS



FEINSTEIN CHALLENGE- MARCH 1 THROUGH APRIL 30, 2007

AFAC FOOD DRIVE AT THE GEORGETOWN FLEA MARKET- MARCH 25, 2007

CANSTRUCTION- MARCH 30 THROUGH APRIL 15, 2007

LETTER CARRIERS FOOD DRIVE- MAY 12, 2007

NATIONAL HUNGER AWARENESS DAY- AFAC'S FOOD DRIVE DAY
& 4TH ANNUAL RESTAURANT NIGHT JUNE 5, 2007

*PLEASE CONSIDER HOLDING A FOOD DRIVE TO MARK HUNGER DAY!
IT'S AN EASY WAY FOR YOUR SCHOOL, CHURCH, BUSINESS OR
ORGANIZATION TO HELP AFAC.*

Please designate AFAC, #8354, in this year's United Way/CFC campaign.



Fighting Hunger in Arlington
United Way Designation Code:8354