



Bread & Broth Volunteer Newsletter

A note from our Director.....

Dear Fellow Bread & Broth Volunteers,

April is National Volunteer Month and more specifically, April 21 – 27 is National Volunteer Week. According to Webster’s Dictionary, one definition of the word volunteer is “one who enters into any service of his own free will.” This definition is straightforward but is missing the heart of what volunteering is. According to an anonymous writer, “Volunteering your time is an act of selflessness.”

We all volunteer for many reasons. We have been fortunate in our lives, and we want to give back; we love the feeling of seeing others benefit from our efforts; and/or we want others to know we understand and care. The list of reasons can be different for each individual volunteer, but it comes down to putting others before yourself.

Bread & Broth is blessed with many extraordinary volunteers who have given countless hours for the betterment of others. With your support, Bread & Broth has expanded our services and increased the number of dinner guests and children that we serve. Not only is Bread & Broth recognized in the community for what we do to ease hunger but also for the warmth, kindness, and compassion of our volunteers.

During this month of celebrating volunteers, on behalf of the Bread & Broth organization and the many individuals we service, I would like to express to you the deepest gratitude for your selfless service every time you volunteer.

Sincerely,
Carol Gerard
Interim Director
Bread & Broth



Bread & Broth Receives Donations of NARCAN and an AED (Automated External Defibrillator) To Assist in Emergencies



Bread & Broth became the recipient of two life saving medical interventions for use at Grace Hall during Monday Meals and B&B 4 Kids packing events.

Chris Proctor, Director of Community Benefit and Business Development at Barton Health, presented B&B with an Automated External Defibrillator(AED), donated by Barton Health Foundation as part of its Heart Safe Community program. An AED is an easy-to-use medical device designed to analyze the heart rhythm and deliver an electric shock to those experiencing cardiac events.

Theresa Papandrea of Tahoe Alliance for Safe Kids (TASK) delivered two boxes of NARCAN for use if needed at Grace Hall. NARCAN is an over the counter opioid overdose treatment. With recent overdose incidents in South Lake Tahoe, it was recommended by the B&B Advisory Board to have this available for any possible overdose emergencies. NARCAN can reverse the effects of an opioid emergency by restoring breathing while waiting for emergency personnel and medical teams to arrive.

Monday Meal team leads will be provided training on the administration of the NARCAN nasal spray and the AED device.

Bread & Broth is grateful to both TASK and Barton Hospital and Barton Health Foundation for these donations to help improve the safety equipment and medications we have on hand at Grace Hall.

**B&B's Cheryl Breitwieser
Recipient of the Soroptimist
International of Tahoe Sierra's
Ruby Award**



Cheryl Breitwieser (above left), Bread & Broth's B&B 4 Kids co-chairperson, was awarded the 2024 Ruby Award presented by the Soroptimist International of Tahoe Sierra organization. Cheryl was nominated by Carol Gerard, Interim B&B Director (above, right) who also presented the award to Cheryl at the March 24th meeting.

The Soroptimist Ruby Award was created to celebrate women who have significantly enhanced the lives of women and girls through professional, business or volunteer activities.

Currently, Cheryl is responsible for the procurement of the food items that are provided in B&B 4 Kids' School Weekend Food Program, the School Healthy Snack program, the B&B 4 Tots program, and the Summer Break Food Pantry. The purchase of food items is very time consuming, and Cheryl spends countless hours each week dealing with various vendors and managing a food budget of \$125,000. Cheryl is also responsible for the food inventory and serves as the packing/delivery Team Lead for Week 5.

As Carol Gerard, Interim Director, states, "Cheryl is an exceptional volunteer and is devoted to her role in easing hunger for the children in our community. She is tireless in providing the most nutritious, kid-friendly food within the constraints of the Kids' food budget and is always looking for sale opportunities for the program."

Congratulations to Cheryl! The B&B organization is extremely grateful for her continued commitment to Bread & Broth, specifically the B&B 4 Kids program.

**South Lake Tahoe High School Key Club Runs
Successful Food Drive**

South Lake Tahoe High School's Key Club recently held a food drive to collect food items for the B&B 4 Kids Program. Collection boxes were placed at the high school, the school district office, Sierra House Elementary, and at SLT's Rec Center pool over a period of six weeks. Approximately \$1,000 in food items was collected during the drive.

Thanks to the many students and community members for these donations.



Sydney Irwin, SLT High School Key Club member, presented boxes of groceries to Cheryl Breitwieser, B&B 4 Kids Co-Chairperson.



Deep Cleaning Volunteers Needed April 17th

Bread & Broth is looking for volunteers to help with the Deep Cleaning of the Grace Hall kitchen on **Wednesday, April 17th** from 9:00 a.m. until noon. This cleaning event occurs every three months to ensure that our Monday Meal kitchen meets safety and health standards required for maintaining a clean cooking environment. Activities include deep cleaning the refrigerators, freezers, stove burners, and floors. Shelves, windows, walls, blinds, cupboards, and counters are sanitized and organized.

It's always fun to clean someone else's house ...so come join in on the fun on Wednesday, April 17th. If you are interested in volunteering, please contact Janet Blumberg at bbvolunteers2023@gmail.com.

Bread & Broth Upcoming Events



B&B 4 Kids “Cram-A-Cruiser” Scheduled for May 18th

B&B 4 Kids annual “Cram-A-Cruiser” is scheduled for Saturday, May 18th from 10:00-3:00 p.m. in the Grocery Outlet parking lot. Each Spring, the SLT Police Department lends Bread & Broth one of their police cruisers to encourage the grocery store patrons an opportunity to “cram” it full with food donations. This event helps fill the shelves with food for the B&B 4 Kids School Weekend Food Bag Program and the B&B Summer Food Program.

For those wishing to donate, the following foods are requested:

Chef Boyardee Pasta Cups, canned spaghetti/meatballs/ravioli, canned chili with or without beans (15 oz. Or smaller), tuna/chicken cans or pouches, Bumble Bee Snack on the Run chicken or tuna, Mac n Cheese microwaveable cups, canned or cup of soups (keep it child friendly), Nissan or Maruchan Cup of Noodles (beef or chicken), Yakisoba Microwaveable Meals, 1.15 ounce Jiffy to Go peanut butter cups, jelly (0.5 oz. or larger), Instant Oatmeal packets or cups (low sugar), low sugar cereal (small or large box), GoGo Squeeze fruits or vegetables, low sugar fruit or apple sauce cups (4.0 oz), Granola bars, protein bars, Chewy bars, Nutrigrain bars, Mott’s Fruit Snacks or Welch’s pouches, cheese and crackers or peanut butter and crackers, trail mix, raisins, beef jerky packets, beef sticks, Rice Krispie treats, fruit strips, cookies in small packages, Nutella, Hello Panda, veggie stix.

Cash donations are also accepted at the event.

If you have any questions, please contact the B&B 4 Kids co-chairpersons Christy Slocum (310-413-6816) or Cheryl Breitwieser (530-307-3405).



Every **Sunday** during the month of May, Flatstick Pub/Tipsy Putt will donate \$1 for every beer and \$1 for every round of golf purchased to the Bread & Broth 4 Kids Program

Flatstick Pub offers a “family friendly” environment for a game of mini golf and the opportunity to try tasty local beers.

Come have a fun and entertaining time with your family and friends and raise money to help feed our local children.



Hours: 11 a.m. to 10 p.m. every Sunday
 Location: 4101 Lake Tahoe Blvd.
 Menu: Mexican/American
 Parking: Street, Casino or behind CVS or \$5 after 5 p.m. at Heavenly Parking Garage

Bread & Broth to Participate in the 4th of July Parade

Once again, Bread & Broth will be participating in South Lake Tahoe’s annual 4th of July parade. Volunteers will be needed to either walk the 1 1/2 mile parade route, ride in a vehicle, or drive their personal vehicle with banners. Last year’s participants enjoyed the crowds and the community outpouring of appreciation. As Roberta Strachan, B&B Food Coordinator, shared, “So much fun and so many said thank you for all you do”.

Watch for future emails for details of this year’s event and the need for volunteers.





**Pieces of the B&B Puzzle:
B&B 4 Kids Week 4 Team and
Our New B&B Advisory Board Secretary**



B&B 4 Kids Week 4 Packing/Delivery Team

Every fourth Thursday of the month, you can find 12-15 eager volunteers meeting to pack over 250 bags for the B&B 4 Kids School Weekend Food Program and the B&B 4 Tots Program. Led by team leads Sue Fry, Chris Fabre, and Fred Fabre, the group organizes the food and packing materials, packs the bag full of nutritious food, and delivers them to all LTUSD school sites and five local childcare centers serving low-income families. The entire process takes over three hours.

These volunteers serve selflessly to ensure children are fed over the weekend. As Lorraine Tiffany-Malone states, "Bread & Broth makes visible the hands and feet of God at work by feeding children in our community. It's reassuring to know the kids have plenty of food for the weekends."

The team has bonded over the school year, with Jan Halpern-Segal sharing, "It is a very meaningful experience and a pleasure to be part of an amazing team that provides nutritious, supplemental food to the identified youth in our community."

Sue Fry, Week 4 co-lead adds, "The 4th week team is always ready to jump in and do whatever needs to be done. They do it with smiles on their faces and joy in their hearts".

Thank you to our wonderful Week 4 Kids' packing team!

B&B 4 Kids Week #4 Team:
Back row (left to right): Kathy Klover, Bob Malone, Bob Harms, Jan Halpern-Segal, Beth Wallace, Mary Burba, Paula Peterson
Front row (left to right): Lorraine Tiffany-Malone, Shannon DeMaria, Sue Fry, Kim Ramey, Carol Fontana, **Missing from the picture:** Chris Fabre, Fred Fabre, Terri Haven, Dinah Hinde, Cynthia Wigart

Georgette Hartley Elected as Secretary to B&B Advisory Board

Georgette Hartley was recently elected to the Bread & Broth Advisory Board, serving as Board secretary.

Georgette hails from New Jersey, where she spent her childhood. Wanting to explore new areas (and falling in love with Yellowstone on a high school vacation), she ventured to Wyoming to attend college. After a snowboarding trip to Lake Tahoe, she fell in love with the area and moved here. Georgette has worked in a variety of positions in the area and now operates her own company, Jersey Girl Enterprises, focusing on website design, digital marketing strategies, and assisting businesses with various digital platforms. She is also a much sought after dog sitter! In her free time, Georgette enjoys hiking, paddle boarding, mountain biking, and sailing. She also serves on the Board of the South Lake Tahoe Windjammers Yacht Club as Communications Director.

Georgette served on the Bread & Broth Advisory Board previously for several years and volunteered in a variety of capacities. Welcome back, Georgette!!

