

# The Teller

The Foodbank is a warehouse or "bank" where recovered and contributed food is collected, sorted, and distributed to more than 325 partner agencies including church pantries, shelters, senior living centers and through the Child Nutrition and Mobile Pantry programs, which then disperse or prepare and serve the food to those in need.

Summer 2010

Faces of hunger:  
The young  
Working individuals  
The elderly



## Eastern Shore News

### Meet Johnny Mo



*Pictured above from left to right: John and Debbie Morrison with their son Johnny Mo.*

The Foodbank has countless supporters who provide donations of food, time, money, resources and more. But sometimes there's a supporter who stands out from the crowd. And that's where we find Johnny Mo, owner of Mallards at the Wharf, and host of the 5th annual Music for the Hungry.

Johnny Mo first became involved with the Foodbank on the Eastern Shore about seven years ago, when he participated in the local Taste of the Eastern Shore to benefit the Foodbank. He had moved to the area from a large city, fell in love with the call of our mission, and has been a supporter and advocate ever since. To Johnny, supporting the Foodbank is a fundamental necessity.

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**More Eastern Shore news on pages 7 & 8**

## Hunger Heroes: No Mouth Left Behind

*By Lynda Salmon, Elementary Gifted Education Specialist  
Chesapeake Public Schools*

Is there a hero or leader in each one of us waiting for the right moment to be revealed? I believe there is, and that part of my mission is to call forth those latent qualities in my students. Gifted 3rd graders from four Chesapeake schools justified their choices for the most compelling issues to be considered: education, hunger, and road systems. Hungry children in Southeastern Virginia quickly became the popular choice giving birth to Hunger Heroes: No Mouth Left Behind. At this time, I contacted the Foodbank of Southeastern Virginia hoping that they would partner with us.

At weekly Program Director meetings, students shared their disappointments, frustrations, triumphs, and totals. This community project, added to their already-full agendas, created stress that demanded problem-solving, flexible thinking, and perseverance. The students experienced the highs and lows of leadership. Hunger Hero Jacob advises future leaders: "Be confident, don't give up. Hard work pays off!" Meetings culminated with reaffirming their abilities, goals, and group vision. Donation commitments were celebrated.

Observing these students grow expanded my understanding of the human spirit. There before me stood today's leaders, already passionate about making a difference. Eighty-four students transcended their comfort zone and made 588



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## Board of Directors

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### Foodbank of Southeastern Virginia Mission Statement

The Foodbank of Southeastern Virginia works to provide solutions to hunger and certain consequences of poverty in our community by promoting food recovery by means of acquiring and distributing food, clothing and related products to those in crisis in our community. The Foodbank also provides community leadership and education on issues of hunger.



## Board President Message

### Happy New Fiscal Year!

The Foodbank's staff and Board of Directors are not going to count down to midnight, wear funny hats or blow noisemakers on June 30. We will, however, reminisce about the fiscal year coming to a close and plan for the new, exciting challenges that fiscal year 2010-2011 will bring.

When I think of what has taken place since July 1, 2009, what immediately comes to mind is the support that we have received from our many friends across Southeastern Virginia and on the Eastern Shore. Your continuing generosity is the cornerstone of our work here, and we honestly cannot thank you enough.

Speaking of cornerstones, one of our most exciting projects is on the horizon. The "Nourishing Hope—Bringing More Food to More People Capital Campaign" has just begun, and the changes it will bring are significant. Phase One will literally put a new roof on our facility. The existing roof will be replaced, enabling us to better care for the food donations that are instrumental to our work ending hunger in the community. Our operations will be safe and secure, ready to serve our neighbors in need struggling with food insecurity.

This is especially important now that summer is here. Did you know that summer is one of the toughest times of year for the children we serve? These are youth who depend on their school's free breakfast and lunch programs to sustain them during the day. Simply put, when they are not in school, they may not have access to quality, nutritious food. That is where, with your partnership, the Foodbank steps in.

Overall, what this means is we will continue to serve proudly those who are in need of our help. Believe it or not, the Foodbank and our 325 partner agencies have witnessed an increase of over 52% in just the last two years in children, seniors, individuals and families requesting aid. That is why we work so hard and depend on you to be there with us. It is why we pledge to bring about positive change together, until hunger goes away.

Sharon S. Goodwyn, Board President



### We have NAP credits available

The Neighborhood Assistance Program (NAP), a program of the Commonwealth of Virginia, encourages partnerships between the private and public sectors to assist the economically disadvantaged. State tax credits are provided as incentives for businesses and individuals. The program requires a minimum gift amount to qualify. For more information, please contact Karen Joyner, CFO, (757) 314-4547.



The Foodbank of Southeastern Virginia earned a 3-star rating in all categories from Charity Navigator. A copy of our financial statements is available upon request from the Virginia Department of Agriculture and Consumer Services, Virginia State Division of Consumer Affairs, P.O. Box 1163, Richmond, Virginia 23218.

## Hunger Heroes...continued from page 1

presentations which resulted in 5,500 pounds of food and an unexpected \$1,000 being donated in four weeks.

The administrative team from the Foodbank of Southeastern Virginia, along with the Hunger Heroes, participated in an evening Celebration Program that not only honored the students' efforts, but let the world know that the Hunger Heroes would leave no mouth left behind. In Anne Frank's words, "How wonderful it is that nobody has to wait a single moment to change the world." The Hunger Heroes demonstrated what children can accomplish.

*Is there a hero within you waiting to make a difference?*

## Norfolk Southern Responds to Call-to- Action

Hearing the Foodbank's request for support as food supply became dangerously low in the month of May, Norfolk Southern Foundation quickly sprang into action with a check for \$25,000 to purchase food. The Foodbank is so grateful for their thoughtful gift.

*Pictured left to right: Ken Thomas, Kraft Foods Global, Inc. and Foodbank Board Vice Chair; Katie Fletcher and Deborah Wyld, Norfolk Southern Foundation; Joanne Batson, Foodbank CEO; and Norfolk Southern Employee Volunteers Chris Leubbers, Kimberly Harpster, Rose Zawistowski, and Jessica Spears.*



## "Nourishing Hope — Bringing More Food to More People"



This Spring, the Foodbank announced our Capital Campaign. Then named "Raze the Roof," we realized that while this name described the improvement being made to our facility, it fell short of describing the real goal of the Campaign.

Therefore "Nourishing Hope – Bringing More Food to More People" was born.

An estimated 380,000 individuals per year are now receiving emergency food. To meet this need the Foodbank of Southeastern Virginia has set specific goals for our "Nourishing Hope—Bringing More Food to More People" campaign.

The project will have two Phases. The first will start this June with replacing a 50-year old, severely leaking roof. This phase is estimated to be completed in 20 to 25 weeks. Phase Two calls for facility upgrades, increasing safety, efficiency, and security of product. Additionally, the heating and air conditioning system is costly and ineffective. Other major facility designs are now proving to be a hindrance to productivity as we work to distribute food to our hungry neighbors. We will create additional food storage space, as certain areas of the facility cannot be utilized due to present conditions.

The Foodbank's Capital Campaign will require the efforts and generosity of community-minded supporters like those who have made this organization successful and paved the way to where we are today. The need is now. For more information on how you can help the Foodbank's Capital Campaign, please contact Marianne Smith Vargas, Chief Development Officer, at [msmith@foodbankonline.org](mailto:msmith@foodbankonline.org) or 757-314-4548.

# Another Record-Breaking Legal Food Frenzy Competition!



Over 198 firms in the Commonwealth of Virginia helped fight hunger in their communities by raising the equivalent of over 1.7 million pounds of food during the two week, 4th Annual Legal Food Frenzy Competition. The competition began in the Tidewater area almost 20 years ago with the support of the Norfolk & Portsmouth Bar Association. It became the Federation of Virginia Food Banks' first statewide food drive in 2007 with the support of the State Attorney General's office and the Virginia Bar Association.

## The winners of the 4th Annual Statewide "Legal Food Frenzy"

### Categories:

#### Attorney General's Cup Winner: Per Capita:

Schettine & Nguyen, PLC (Richmond), 6,881 pounds per person

#### Small (1-20) Law Firm: Total Pounds: "The Brunswick Stew Award"

Jackson Lewis (Norfolk), 25,500 pounds

#### Small (1-20) Law Firm: Per Capita: "The Shenandoah Apple Award"

Jackson Lewis (Norfolk), 4,250 pounds per person

#### Medium (21-100) Law Firm Total Pounds: "The James River Shad Award"

Christian and Barton, LLP (Richmond), 64,319 pounds

#### Medium (21-100) Law Firm Per Capita: "The Hanover Tomato Award"

McKenry, Dancigers, Dawson & Lake (Virginia Beach), 1,284 pounds per person

#### Large (101 and up) Law Firm Total Pounds: "The Smithfield Ham Award"

McGuire Woods LLP (all locations), 223,551 pounds

#### Large (101 and up) Law Firm Per Capita: "The Chesapeake Bay Blue Crab Award"

Cooley Godward Kronish LLP (Reston), 678 pounds per person

#### Sole Proprietor (1-2) Law Firm Total Pounds: "The Virginia Peanut Award"

B. Cullen Gibson, Attorney and Counselor at Law, (Norfolk), 12,600 pounds

#### Law School Winner of Attorney General's Cup Total Pounds and Per Capita:

University of Richmond School of Law (Richmond), 96,326 pounds, 215 pounds per person

#### Government and Public Service Total Pounds: "The Urbanna Oyster Award"

Office of the Attorney General (Richmond), 100,195 pounds

#### Government and Public Service Per Capita: "The Old Dominion Soybean Award"

Prince William County Attorney Office, 878 pounds per person



Williams Mullen raised money for Legal Food Frenzy with an Ice Cream Sundae fundraiser. Executives showed their support by dressing up as ingredients! Pictured left to right: Williams Mullen Partner Bill Nusbaum; Federation of Virginia Food Banks Executive Director Leslie Van Horn; Williams Mullen Partners Nikki Williams, Don Clark, John Paris, and Tom Frantz; Associates Ashley Williams and Andrae Via; and Debbie Mergi, Foodbank of Southeastern Virginia Community Events Manager.

**Legal?** You bet!

**A Frenzy?** Always!

**Food?** More this year than ever!

The recently completed Norfolk & Portsmouth Bar Association Legal Food Frenzy broke previous records, raising enough to provide 433,372 pounds to the hungry in our community. Benefitting seven regional food banks, as well as the Federation of Virginia Food Banks, this 19th annual local and 4th annual statewide competition pitted law firms against each other to help the hungry. The contest ran April 5 through April 16 and was open to all lawyers and members of the legal community across Virginia.

## Foodbank of Southeastern Virginia Area Law Firm Results:

### Small Firm

#### Best Overall and 1st place

*B. Cullen Gibson, Attorney and Counselor at Law*

#### 2nd place

*Jackson Lewis*

#### 3rd place

*Law Offices of David A. Greer, PLC*

### Medium Firm

#### 1st place

*McKenry, Dancigers, Dawson & Lake, PC*

#### 2nd place

*Williams Mullen (Virginia Beach)*

#### 3rd place

*Williams Mullen (Norfolk)*

### Large Firm

#### 1st place

*Vandeventer Black, LLP*

#### 2nd place

*Kaufman and Canoles, PC (Norfolk)*

#### 3rd place

*Willcox & Savage, P.C.*

## Checking the Pulse of Your Estate Plan



It's important to continually monitor the health of your estate plan and ensure you have a clear and concise structure. Even the smallest change to your life could mean a drastic change in your estate. If you haven't reviewed your plans in a while, use the list below as a 'pulse check' for your estate:

**Your Will** – Your will should be updated after any tax law updates, life changes (births, deaths, moves to different states) or changes in assets (selling or acquiring property, stocks, etc.).

**Tangible Property** – This can include anything from collectibles, jewelry, heirlooms, art and more. Keep good track of your property by creating a list or taking a video inventory.

**Power of Attorney** – You should name someone you trust who is authorized to make health and financial decisions for you when you can no longer make those decisions.

**Final Wishes** – Ensure your final wishes, such as funeral arrangements, are clearly communicated to your family or included in your will. Clear communication about final wishes will make your passing less stressful for friends and family.

**Charitable Giving Through Your Estate** – If you choose to include the Foodbank in your estate plans, you can keep your assets for life while helping us continue our mission well into the future. Please notify us if you do choose to include us in your plans so we can properly acknowledge you and ensure we're fully honoring your wishes.

**Other Documents** – Ensure you have your banking, credit card, insurance and retirement policies and other important documents organized and that someone knows where they are and how to access them. Make sure you also consider access to your electronic communications (online logins, e-mails, etc.).

By regularly conducting this 'pulse check,' you can ensure you have a healthy and robust estate plan that meets your wishes, is clear and concise and (most importantly) provides for those you care about.

We always encourage you to consult with your financial advisor or attorney when looking at your estate plan. If you'd like to include the Foodbank in your estate plans, please contact Marianne Smith Vargas, Chief Development Officer, at [msmith@foodbankonline.org](mailto:msmith@foodbankonline.org) or (757) 314-4548.

## Upcoming Events

### Calling All High School Students!

The Foodbank of Southeastern Virginia is again holding the 3rd Annual Student Food Drive, sponsored by Tyson Foods, Inc. It is a competitive food drive from September 14 through November 9, 2010 between high schools in our area. We are inviting all interested students, faculty and staff to show their high school pride by working to help those less fortunate in our community. For more information on how your school can participate please call the Community Events office at 757-314-4554.

### Hunger Action Month 2010 “30 Ways in 30 Days”

This year, September's Hunger Action Month returns with a guide to helping end hunger in your community. Beginning in August, you can learn about 30 different ways to battle food insecurity during the month of September.

Check [www.foodbankonline.org](http://www.foodbankonline.org) for ideas on how you can take part in Hunger Action Month 2010. See you then!

### Get a “Taste” of Hampton Roads

Do you have a Taste for the delicious? Then save the date of March 29, 2011 for the Foodbank's annual Taste of Hampton Roads event. Fun, fabulous and fruitful, Taste of Hampton Roads is the region's most popular event. Don't miss it!

## Agency Spotlight: Temple Baptist Church

The newly-released 2010 Hunger Study numbers paint a picture of the many community members who are struggling to regain their footing and return to self-sufficiency in this current economy. But thanks to your support and the Foodbank's distribution network of more than 325 partner agencies, these families, children and seniors in need of assistance have a place to turn.

Temple Baptist Church, one of the Foodbank's agencies, has seen an unprecedented increase in the number of families and children seeking food assistance. Lee Cornelius, who oversees Temple Baptist's food programs, estimates the church sees at least 15 to 30 new families each week who need help. And for the 83-year-old Lee, the food program is a full-time job for her and the volunteers who make the weekly distribution happen.

Even though distribution is held every Wednesday, Lee's job begins Monday at 6:30 am. She and several volunteers (many are from local churches or are currently receiving food assistance themselves) head to the church to start packing food boxes with non-perishable food. They'll also make one of countless trips to pick up donated food through the Foodbank's Food Rescue Program from local grocery stores and restaurants. Tuesday morning, they head to the Foodbank to acquire additional product that will supplement the non-perishables and the food they picked up the previous day. Tuesday afternoon and evening, everything is prepared and finalized for distribution the next morning.

Wednesday, Lee and the volunteers sometimes arrive at the church as early as 4:30 am. While most of Virginia is still sleeping, Temple Baptist is providing food boxes to families, some who arrive at 5 am, before their shifts at work. Distribution continues throughout the day, and into Thursday and Friday, when they take food boxes to families and seniors who can't make it to the church on Wednesday. And then, the work begins again.

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*"People just need this program so much, but I'm wondering how we can keep on doing this. There are so many new families coming in each week."*

*Lee Cornelius, Temple Baptist Church*

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The food program at Temple Baptist has grown exponentially since its inception 12 ½ years ago. At a recent distribution in mid-May, the church provided food for 180 families (660 individuals, 264 of whom were children). What's even more impressive is that the church did this for less than \$140.

"People just need this program so much," says Lee. "But I'm wondering how we can keep on

doing this. There are so many new families coming in each week."

Yet Temple Baptist continues to meet the need and serve those seeking assistance. Even though Lee credits the volunteers, the Foodbank and the many donors who make this possible, she feels someone else has a hand it making their food distribution a success.

"It's the work of God, it's not mine," says Lee. "It's like the loaves and fishes." Examples of this can be seen today at the Foodbank and through our partner agencies. Somehow agencies find a way to feed families who arrive late even though they've distributed their last box of food. One way or another many dwindling agency budgets stretch to purchase exactly what they need. Sometimes an anonymous donor provides EXACTLY what is needed at JUST the right time.

Many of the Foodbank's partner agencies can attest to these everyday miracles, especially as they see more and more families, individuals, seniors and children seeking food assistance. But, thanks to your support and the support of countless volunteers, we can provide for those in need **until hunger goes away.**



## 18 Years of Stamping Out Hunger!

On Saturday, May 8, the National Association of Letter Carriers & National Rural Letter Carriers' Association again helped to "Stamp Out Hunger" across America. Over 106,000 pounds of food was gathered from residents in our region.

A special congratulations goes to Bayside Station in Virginia Beach. Residents in Bayside gave a record 7,777 pounds of food and had the most poundage per capita with 150 pounds per person!

The City of Chesapeake was awarded the "Most Improved Region" by having more than doubled their total pounds of food collected last year for this drive.

Also, Great Bridge Station received a certificate for overall "Most Improved Total Pounds Collected." The "Stamp Out Hunger" effort is the nation's largest single-day food drive, with letter carriers collecting food donations from postal customers on their routes.

The Foodbank is grateful for the dedication and ongoing support of the letter carriers for helping our hungry neighbors!



*Pictured above from left to right: Philissa Marable, Chesapeake Food Drive Coordinator; Eric Noble, Virginia Beach Food Drive Coordinator; Robert Lassiter, Virginia Beach Branch President; Joanne Batson, Foodbank Chief Executive Officer; and Jeffrey Jones, Chesapeake Branch President.*

## Eastern Shore News



Harold Brasure

### No Man is an Island

"No man is an island...." Most people have heard this familiar phrase. Some have studied its meaning; others have interpreted it. One perception: you gain the greatest satisfaction when you feel connected to something larger in life than yourself.

One volunteer at the Foodbank on the Eastern Shore who illustrates this interpretation is Harold Brasure, volunteer manager for the Chincoteague Island Food Pantry. Nearly thirty years ago, over a cup of coffee with a local minister and a friend, Harold was asked if he would help the pantry and has since volunteered thousands of hours serving the hungry on the Island. Approaching his 87th birthday, Harold isn't ready to stop. He began working with the program when the USDA food commodities butter and cheese were distributed through Social Services, and he has seen a lot of

changes through the years, not limited to the various food items the USDA now provides.

Seeing an increasing need, in 1987 Harold approached the Ladies Auxiliary of the Chincoteague Volunteer Fire Company to partner with the Foodbank on the Eastern Shore. At the same time he approached the minister of the Union Baptist Church for a more permanent location from which to distribute food. The rest is history. The Auxiliary agreed, the church's minister and congregation accepted, and today, the pantry on Chincoteague is the longest consecutive running partner agency of the Foodbank on the Eastern Shore. Once each month, Harold and his team of about 15 volunteers, all of whom are quick to say Harold is the "leader" of the group, provide 60-70 households with USDA and donated

*You gain the greatest satisfaction when you feel connected to something larger in life than yourself.*

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## Johnny Mo...continued from page 1

“Being a father myself, I know that having to put kids to bed hungry would be devastating,” says Johnny. “Helping people eat is one of the basic things to do in life.”

In the restaurant business there is so much food that goes unused, Johnny felt there must be a way to utilize it and help those in need. What better way than through the Foodbank? After one event, Johnny said he would make a batch of soup with the leftover vegetables to distribute to the hungry. He then put the rest of his plan together including cupping and freezing to ensure he could feed more people with this great idea. Chefs Feeding Others on Demand, or C-FOOD, has since incorporated other restaurants, including Annie’s, Big’s Place - The Gaskill Family Restaurant, Inn & Garden Cafe, and the Northampton High School Culinary Arts Department, all of which also participate in Taste of the Eastern Shore.

Johnny Mo has certainly helped countless families, children and seniors on the

Eastern Shore. He continues to participate in Foodbank events (his restaurant won Best Presentation and People’s Choice awards at this year’s Taste of Hampton Roads) and provides tremendous support for the annual event, Music for the Hungry.

If you haven’t already marked your calendars for the 5th Annual Music for the Hungry event, now is the time! This year’s family-friendly event promises to be much more than just another concert. Johnny Mo plans and hosts this event, along with Foodbank staff and volunteers. “I couldn’t put on this event without everyone at the Foodbank, especially Charmin [Eastern Shore Branch Manager],” says Johnny. And to him, the countless hours of preparation are all worth it.

“I know 100 percent of what we do stays right on the Shore,” says Johnny. “The proceeds go directly to people in our hometown.”

We are extremely grateful to have him and his family and staff as Foodbank partners.



**5th Annual Music for the Hungry**  
**July 17, 12 pm**  
**Onancock School**  
**Hosted by Johnny Mo, the Musical Chef**

If the 10 bands on 2 stages don’t pique your interest, make sure you stop by the BBQ area, where local chefs will throw down to see who has the best BBQ on the Shore! After that, visit the carnival area to take a throw at the dunk tank, get your face painted, or participate in a myriad of carnival games (your kids might want to participate as well!). For more information about Music for the Hungry, call 757-787-2557.

## No Man is an Island...continued from page 7

supplemental food. Harold just as swiftly says he is blessed to be part of a community with great people who give generously.

When asked why he began volunteering, the soft spoken Harold said, “I was asked.” Continuing he said, “I saw a need of the people so I put my beliefs to work doing something meaningful that directly affected the people on the Island, and I’ve just kept on doing it.”

## Great News! Another Mobile Pantry Site

A big welcome to Atlantic United Methodist Church in Atlantic, Virginia. They have recently joined the Mobile Pantry Program as a recurring site for distribution of food. On the 2nd Wednesday of every month, from 11 am-12 pm, the mobile pantry truck will bring food for the residents within that community. Beginning July 1, we will be distributing in Saxis as well, on the 3rd Wednesday of each month from 11:30 am-12:30 pm.

## Taste of the Eastern Shore was Delightful!

Thanks to the support of so many throughout our community, Taste brought in enough money to provide almost 3,412 meals to those suffering with hunger on the Eastern Shore. A big thanks to those who came out to eat some great food!

