

FOOD FROM THE HEART newsletter

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www.foodfromtheheart.com • 805-898-3981



As a non-profit group, FOOD FROM THE HEART relies on pledges, donations and grants to fund our program - in other words we rely a lot on people like you. Here's how you can help:

1) **SEND MONEY!**

Because we are a 501.c.3 non-profit public benefit corporation, your donation may be tax-deductible. Please make your check payable to:
FOOD FROM THE HEART
PO Box 3908 Santa Barbara, CA 93130.

You can also visit our web site at www.foodfromtheheart.com and make a donation or an ongoing pledge using your credit card.

2) **REMEMBER US IN YOUR WILL...** You do not have to be wealthy to leave a legacy – every little gift really does help. Please call for information on how to include us in your bequests, or see our web site for more ideas.

3) **INVITE A FRIEND TO VOLUNTEER** - we meet every Wednesday morning from 8 A.M. to approximately 1 P.M. Anyone can come for any part of it; our kitchen is in the First Presbyterian Church, 21 East Constance, behind the children's preschool. We also always need drivers to deliver the food every week. Drivers pick the food up at 12:30 pm and make a few deliveries to happy clients.

FOOD FROM THE HEART is a volunteer-driven program that meets every Wednesday to prepare delicious and nutritious meals for members of our community in crisis. The food is important but what is equally important is the message it brings that others really care and have true empathy for the challenging situations which our clients are facing.

We continue our series of honoring a volunteer each week - this week let's meet Irwin Bendet...

Irwin Bendet

Irwin has lived in Santa Barbara for 10 years and has been volunteering with Food from the Heart for the last 6 years when his friends Len and Barbara talked him into coming with them. His favorite part of our Wednesday project is helping people in need and working with the other volunteers efficiently to get everything done. He considers himself to be a chopper, bagger, wrapper and eater.



Irwin came from Pittsburgh where he was a researcher and professor of biophysics at the University of Pittsburgh. He has a PHD in biophysics from Berkeley and studied virology - researching and determining the structure of bacterial and plant viruses before retiring.

He plays the violin and loves to participate in Chamber groups. His favorite music is the Beethoven String Quartets. Irwin also takes classes through Adult Ed and has learned to make jewelry using silver and semi-precious jewels. He has also taken classes in biblical manuscripts and computers.

On Sundays Irwin reads the NY Times cover to cover. He and his wife Roz (married 43 years) love to go to the theater and concerts and often go to LA or Pasadena for the symphony and opera.

Irwin's secret is that he eats ice cream almost every night before going to bed - vanilla, chocolate or strawberry.

He and Roz have two children living in San Francisco. David is an architect and Bess is the director of Three Guinea Fund which gives money to start up women's groups.