

FOOD FROM THE HEART newsletter



volume 1.30

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 Mel Vogel...

Mel Vogel



Mel moved here in 1958 from Minnesota to attend UCSB. He started volunteering with Food from the Heart just this year. When one of our delivery volunteers knocked on his door looking for a neighbor's house, he ended up finding out all about our project and has since become a devoted volunteer.

He enjoys the crazy effort that takes place every Wednesday when we prepare,

cook and package the food. He loves all the wonderful and interesting characters who come each week to help and enjoys the sense of working together to help others.

Mel says that there is nothing interesting about him. He goes to bed early, wakes up at 4am and begins his work day. He is a semi-retired investment manager and still looks after the investments of a small number of people that are long time friends and associates.

He loves fishing, and being a native of Minnesota, his dream is to have a lake house there, but only for the livable months of spring, summer and fall. Santa Barbara is the place to be for winter.

The love of Mel's life is his family. He lost both his mother and father this year and was very close to them. His wife Linda and he are the proud parents of Andrew, a senior in computer science at Stanford; Matthew, a freshman at UCLA; and their princess Melinda, a sophomore at San Marcos High.