



Des Moines Area Religious Council RED BARREL NEWSLETTER

APRIL, 2009

“The Activism Cure”

Research shows that those who give to others give healthier, happier lives to themselves and that doing good actually changes people physiologically. A recent article in the March, 2009 issue of *More Magazine* reports that a National Institute on Aging study followed more than 3,600 people from 1986 to 2006 and discovered that volunteers had an advantage of those who didn't do good works. "People of all ages who did community service were happier and experienced better physical health and less depression", says study leader Peggy Thoits. The article says scientists have recently discovered a physiological basis for the warm glow that accompanies giving. The article cites studies show brain structures activated when you get a reward are the same ones activated when you give. In fact, they are activated more. Those activations release feel-good chemicals such as dopamine, the neurotransmitter that reinforces the human tendency to do whatever makes us feel great. "When we do good deeds, we are rewarded by a dopamine pulse" says bioethicist Stephen G. Post, PhD and coauthor of *Why Good Things Happen to Good People*. "Giving a donation or volunteering in a food bank tweaks the same pleasure source that lights up when we eat. It is clear that helping others, even if it is just volunteering for several hours every week, makes people's moods improve." The article concludes by speculating maybe one day, physicians and psychiatrists will write prescriptions for charitable donations and citizen action instead of for pills and psychotherapy.

Sack Saturdays in April

April 4th – The Ankeny Kiwanis club sponsored a Sack Saturday on April 4th at the Dahl's in Ankeny. The club collected 412 food items and \$69.00.

April 4th – For the past 31 years Boy Scout Troop #46 from Windsor Heights United Methodist Church has been collecting food. Again this year, they held two Sack Saturdays on April 4th. One was at the Hy-Vee in Windsor Heights and the other was held at the Dahl's on Hickman and 86th Street. The scouts collected a 1,334 food items (a huge amount for a Sack Saturday!) and \$75.00.

April 25th – Multiple Sack Saturdays were sponsored by the Dowling HS Social Justice Class at the Hy-Vee on Fleur, Dahl's in Beavertdale, and Hy-Vee on 35th Street in WDM. A Sack Saturday sponsored by students from Valley HS and Dowling HS was also held at the Hy-Vee on 35th Street. They collected 326 food items and \$330.96.

Thank you to the stores, volunteers and store customers who helped make these events successful!

DMARC Service Awards Luncheon

DMARC's Sixteenth annual Service Awards Luncheon will be held Thursday, May 21. The luncheon is a chance to honor the extraordinary contributions made by churches, individuals and corporations in our community. This year's honorees include Polk City United Methodist Church, Capital City Fruit, the Reverend Faith Ferre and Rabbi David and Julie Kaufman. The luncheon will be held at the Airport Holiday Inn, 6111 Fleur Drive and run from 11:45 a.m. to 1:15 p.m. The cost is \$35.00, \$10 of which is a tax deductible contribution to DMARC. We invite you to join us as we come together as a community to celebrate the good works being achieved in our community. Further information is available on the DMARC website at www.DMReligious.org.



Faithfully Serving Since 1952

DMARC Emergency Food Pantry

3816 36th Street, DM, 50310

515-277-6969

Executive Director:

Rev. Sarai Schnucker Rice

Food Pantry Director:

James L. "Jim" Trotter

Red Barrel Coordinator:

Cindy Morton

Red Barrel collections FOR APRIL, 2009 = 12,649 ITEMS

Rank	Store	Address	# Collected	Store Director	Volunteer Collector
1	Hy-Vee	7101 University	1398	Randy Kruse	Paul Benson
2	Dahl's	5003 E.P. True Pkwy WDM	893	Mark Pearson	West Side Kiwanis & Link Associates
3	Hy-Vee	410 N. Ankeny Blvd.	820	Wes Snook	Katie Vacek
4	Hy-Vee	1700 35th Street, WDM	766	Collin Venenga	Al Eoriatti, Steve Roberts, Mike Ginther
5	Dahl's	4343 Merle Hay Road	765	Lyle Ellenwood	Ron Stoen
6	Dahl's	1819 Beaver	732	Jim Hubbartt	Steve Larson
7	Dahl's	8700 Hickman	639	Joe McDonald	Liz Coffman
8	Dahl's	5440 N.W. 86th, Johnston	580	Kenny Kane	Ron Stoen
9	Hy-Vee	550 S. 51st, WDM	549	Mark Luke	Bob and Jan Schulte
10	Dahl's	1802 N. Ankeny Blvd.	530	Dave Wilson	Amy Tournier
11	Dahl's	3425 Ingersoll	516	Pat Childress	Ron Heggen and Downtown Kiwanis
12	Hy-Vee	4707 Fleur Drive	396	Jamie Stephens	Randy and Nicole Mitchell
13	Dahl's	4121 Fleur Drive	283	Dave Johnson	Randy and Nicole Mitchell
14	Hy-Vee	8601 Douglas	279	Brett Bemser	Larry Hamlin
15	Dahl's	1208 Prospect, WDM	256	Jeff Hudson	Jack Kiburz
16	Hy-Vee	1990 Grand, WDM	215	Andy Streit	Red Cronin
17	Fareway	8450 Meredith Drive	215	John Cramer	Larry Hamlin
18	Hy-Vee	1107 Army Post Road	139	Rod Burns	Randy and Nicole Mitchell
19	Dahl's	3400 E. 33rd	113	Mike Hixon	Link Associates
20	Hy-Vee	5759 Merle Hay Rd, Johnston	95	Kevin Mills	Ron Stoen
21	Hy-Vee	3221 S.E. 14th Street	89	Ryan Roberts	Cindy Morton
22	Hy-Vee	1725 Jordon Creek, WDM	56	Greg Hull	Jack Kiburz
23	Hy-Vee	3330 MLK	38	Josh Asche	Cindy Morton
24	Dahl's	1320 E. Euclid	37	Jim Martin	Link Associates
25	Fareway	109 S.E. Oralabor, Ankeny	32	Doug Haugland	Katie Vacek
26	Fareway	3000 S.E. 22nd Street	26	Will Goldberg	Cindy Morton
27	Fareway	3205 N. Ankeny Blvd.	0	Dave Eisentrager	Amy Tournier
	TOTAL		10457		

Damaged/discarded items for April, 2009

705	Hy Vee	East Euclid	Mike Kueny	Link Associates
464	Hy Vee	1725 Jordon Creek, WDM	Greg Hull	Jack Kiburz
390	Fareway	100 East Euclid	Tom Ross	Link Associates
633	Hy Vee	550 S. 51 st st. WDM	Mark Luke	Bob & Jan Schulte

Total 2,007

History of Red Barrel food collections # Food Items and damaged/discards

Month	2005	2006	2007	2008	2009	Cash
Jan	12,200	12,411	9,662	9,123	11,091	\$ 1,050.00
Feb	14,300	9,463	9,832	7,760	10,719	596.54
Mar	12,275	11,171	11,930	10,048	11,666	2,030.76
April	13,921	9,292	10,353	9,552	12,649	1,309.09
May	11,043	8,557	9,054	7,869		
June	9,711	9,322	9,933	9,214		
July	9,612	7,979	9,063	7,070		
Aug	9,150	7,467	8,054	8,310		
Sept.	11,574	7,788	6,979	8,355		
Oct.	20,032	25,712	19,995	14,506		
Nov	15,535	17,821	16,604	17,338		

983 Hunger Sacks sold, March 2009

178	Hy-Vee, Windsor Heights
94	Dahl's, Beavercreek
92	Dahl's, EP True
81	Hy-Vee, Ankeny
78	Dahl's, Merle Hay
64	Hy-Vee, 35 th WDM
58	Dahl's, Ingersoll
46	Hy-Vee, S. 51 st Street
49	Hy Vee, Fleur Drive
39	Dahl's on Hickman
38	Hy-Vee on Fleur