

Faithfully Serving Since 1952

IN THIS ISSUE:

Message from the Executive Director
David Bear Interfaith Lecture Series
MovetheFood Launches
An Evening with DMARC
Honors and Memorials
Soup Supper and Pottery Sale



Des Moines Area Religious Council As Good Samaritan

By Kristine Frakes, DMARC Development Director

Compassion In Action A DMARC PROGRAM

Startled awake by silence – you reach for the clock and know instantly that the electricity has been shut off for nonpayment.

You carefully unfold and re-read the tear-smudged letter – “We regret to inform you that your job has been eliminated . . .”

Your sleepy toddler pads quietly down the hall – “Tummy hurts, Mommy.”

A loud knock at the door – Is it your abusive boyfriend? No, it is the landlord with a notice to vacate in three days.

It is at times like this that families turn to DMARC Compassion In Action (CIA) – a partnership of providers

that offers short-term subsidies to create immediate stability and help keep people in their homes. Each year, CIA assists 350 individuals who need help paying their rent, mortgage or utilities. Funds are disbursed only when available and if there are no public monies to meet the request. One request per household is permitted in a 12-month period. The

average assistance provided is \$178. The average income of families served is \$851 per month or \$10,212 per year.

The Salvation Army (515-282-3422) processes DMARC Compassion In Action requests. Other program partners include

Bidwell Riverside Center, CROSS Ministries, St. Vincent de Paul and Catholic Charities, St. Mary Family Center.

How great is the need?

In 2010, 1,400 families (3,900 people) accessing

continued on page 3

“What a gift to know someone with a heart so open and welcome.”

—Note from a grateful Compassion in Action recipient to Liz Bryant, financial assistance worker with DMARC partner Catholic Charities, St. Mary Family Center.

What Motivates You?

Photo courtesy of DMARC



In the usually quiet week between Christmas Day and New Year's Day, we asked some of our staff and volunteers why they do this work. I thought I'd share their thoughts with you:

It makes my heart break to learn about the need that is out there day in and day out.

DMARC's partnership with the Pet Pantry to provide food for every member of the family, even the four-legged ones!

I like to see people's faces light up when they see all that produce.

I just know that what I'm doing is good.

Our responsibility to help others—the Golden Rule.

It saved me from retirement!

Visiting food pantries—they are so devoted.

The call to love one another.

The measure of a society is how the vulnerable are cared for.

Care for children.

Acceptance and love to those that aren't afforded that mercy very often.

Nourishment to those who are malnourished—in heart, body, AND soul.

I volunteer for my Lord.

Matthew 25:45: He will reply, 'Truly I tell you, whatever you did not do for one of the least of these, you did not do for me.'

I really enjoy volunteering.

If you're hungry, not too much else is important. It's hard to meet your basic needs if you're hungry.

Isaiah 58:10: and if you spend yourselves in behalf of the hungry, and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like noontime.

We know that you are as committed to helping others as we are, so we thought we'd ask you to share as well. What motivates you to participate in DMARC's work? Come on over to our new food pantry website and share your thoughts: www.movethefood.org/motivate. (For more information on our new *MovetheFood* website, see page 4.)

It's a privilege to work in collaboration with all of you and we thank you for your inspiration to make our community a better place.

Sarai Schnucker Rice, DMARC Executive Director

A handwritten signature in black ink that reads "Sarai".



As Good Samaritan

continued from page 1

the DMARC Emergency Food Pantry borrowed money to pay their utility bills.

1,540 households (4,300 people) borrowed money to pay their rent or mortgage.

2,860 families (8,000 people) moved to cheaper housing due to insufficient resources.

The need is always much greater than the funding available. Visit www.dmreligious.org/compassion to learn more or to support DMARC Compassion In Action.

For nearly 60 years, DMARC congregations have brought attention to the suffering of others and have inspired the Greater Des Moines community to do something about it.

DMARC Presents:

the David Bear Memorial Interfaith Lecture Series



The Des Moines Area Religious Council is pleased to launch a new event to further understanding among people of all faiths, the David Bear Memorial Interfaith Lecture Series.

The first annual address will be on Thursday, May 5, 2011, at 7 p.m. at Tifereth Israel Synagogue, 924 Polk Blvd., Des Moines. There will be no cost to attend. Please visit our website: www.dmreligious.org/lectures or telephone (515) 277-6969 for more information.

We welcome our inaugural speaker Rabbi Barry Cytron, Jewish Chaplain and Assistant Director, Center for Religious and Spiritual Life, Macalester College, St. Paul.

Previously, Rabbi Cytron served as a congregational rabbi at synagogues in Iowa (including Tifereth Israel, DMARC member congregation) and in Minnesota. He served for 15 years as the director of the Jay Phillips Center at St. John's University and the University of St. Thomas in Minnesota, a venture devoted to fostering sustained interfaith education.

For more information and to register, contact Kelly Sparks, DMARC Events Coordinator, ksparks@dmreligious.org.

The Legacy of David Bear

David Bear, a prominent Des Moines engineer and businessman for more than 50 years, was passionate about serving the community. A member and leader at Tifereth Israel Synagogue, he was a pioneer in breaking down barriers among people of all faiths. In addition to his many other professional and community affiliations, he served as President of the Des Moines Area Religious Council in 1992 and was President of the DMARC Foundation in 1989 and 1990. He continued to serve as a board member of the Foundation until his death in the spring of 2010. In his honor, the Bear family has established the David Bear Memorial Interfaith Lecture Series.



Photo: the David Bear Family



Building the Pantry Network.

Moving the Food System.

Welcome to *MovetheFood*, the new DMARC campaign that addresses the entire food system in Greater Des Moines.

Building on the solid foundation of 40 years of the DMARC Emergency Food Pantry, *MovetheFood* will catalyze fresh generations and engage new constituencies to further support our vision for a day when everyone in Polk County has enough to eat.

MovetheFood is informed by a comprehensive DMARC-led research project entitled “Mapping an End to Hunger in Greater Des Moines.” Phase I results include analysis and mapping of food sources in Polk County. Interactive maps to help consumers identify food resources by type, location, proximity to public bus routes, hours of accessibility, and more will soon be available on our *MovetheFood* website.

Watch for the official launch of the *MovetheFood* campaign in March 2011. Meanwhile, come on over to our website and let us know what you think: www.MovetheFood.org.

MovetheFood is made possible by generous support of the Community Foundation of Greater Des Moines, Healthy Polk 2020, The Wellmark Foundation, and the Des Moines Area Religious Council.

The Des Moines Area Religious Council website, www.dmreligious.org, remains the institutional face of DMARC, while *MovetheFood* will focus on our food work.

All Food Source Locations in Greater Des Moines



This map illustrates Polk County's apparently abundant food sources, including grocery and convenience stores, markets, restaurants, cafeterias, specialty shops, entertainment venues, emergency food and more.

Emergency Food Sources in Greater Des Moines



For as many as 100,000 residents who rely on emergency food resources such as food pantries, community meal sites, congregate meals, faith-based assistance, family and friends—Polk County looks a lot more like this.

Winter *Fresh*

Even when it's cold outside, DMARC is committed to providing food that is healthy and fresh. "We are ever grateful to our partners in fresh," said Elisabeth Ballstadt (right), DMARC Food Pantry Director, "Especially in the winter months we give thanks to donors, grocers and to Capital City Fruit for making fresh fruits and vegetables available to our food pantry families."

134,672 pounds of fresh produce given out by DMARC, January-November 2010

5,193 pounds of fresh produce given out by DMARC, January-November 2009



photo: DMARC

photo: Susan Klein, DMARC



Chris Torres, right, DMARC SNAP Program Outreach Assistant, demonstrates to a staffer at Catholic Charities, St. Mary Family Center how the SNAP online application works.

First DMARC SNAP Center Opens

4 of 10 families accessing DMARC's food pantry network currently do not receive public food assistance.

The first of ten Supplemental Nutrition Assistance Program (SNAP) outreach stations recently opened at Catholic Charities, St. Mary Family Center with Chris Torres (above) serving as outreach assistant.

Catholic Charities, St. Mary Family Center site manager, Susie Paloma, recruited Chris for the job because of his excellence as a volunteer. "Chris has been a wonderful volunteer," said Paloma. "He is very efficient and treats our families with dignity. I was thrilled when he agreed to work at our SNAP center!"

Available during regular pantry hours for those who wish to self-apply, each SNAP station will include a computer, printer, and access to the website www.OASIS.gov, the Online Application for the State of Iowa services and public

benefits. Torres, who is fluent in Spanish and English, helps families with the online process on Friday afternoons.

Chris says, "Having the computer station is instrumental in allowing people to gain access to food assistance. A lot of folks don't have Internet access and the online application will streamline the process. This will get help to those who need it."

DMARC SNAP Outreach partners include Iowa Department of Human Services, U.S. Department of Agriculture, and United Way of Central Iowa. For more information, contact the DMARC SNAP Outreach Project Manager, Susan Klein, sklein@dmreligious.org or visit our website: www.MovetheFood.org/snap.

Volunteering is Team Building

The DMARC warehouse demands constant attention with tons of food coming in from sources and tons of food going out to pantry sites. Everyday. We rely on a steady supply of volunteers to *MovetheFood* so that our 12 food pantry distribution centers can service families without interruption. We are especially pleased when corporate units volunteer at the warehouse as part of their employee team building exercises. They provide a huge service to us, and maybe, just maybe, our little warehouse gives back to their bottom line. There's no doubt that everyone has a lot of fun! To schedule a volunteering adventure at the DMARC warehouse, contact director Elisabeth Ballstadt, foodpantry@dmreligious.org.



photo: Terri Mork-Speirs, DMARC

"We're just happy to be here—we're happy to help," said a U.S. Bank spokesperson when the assistant managers from all 15 branches volunteered in the DMARC warehouse after they delivered the goods from their corporate food drive.

An Evening With DMARC

*Coming in June. Live Music.
Great Food. Incredible Cause.
Unforgettable Evening.*

Observe renowned public artist, designer I and teacher,

David B. Dahlquist,

as he creates 100 bowls for 100 guests. Proceeds will benefit the Emergency Food Pantry.



Contact Kelly Sparks at ksparks@dmreligious.org for updates or to add your name to the guest list. Look for more details at our website: www.MovetheFood.org/event.

Will You Feed the Red Barrel?

Feeding the Red Barrel is easy. Here is how:

- Locate a Red Barrel in one of 29 locations in either a Hy-Vee, Dahl's or Fareway store throughout the Des Moines Metro area. Red Barrels are usually in the front of the stores.
- Purchase food items (such as peanut butter, water packed tuna, rice, water packed vegetables) as you shop and place them in the Red Barrel when you exit the store.
- Purchase a \$5.00 or \$10.00 Hunger Sack which is already assembled for you. Place the sack in your grocery cart, pay for it with your other groceries and place it in the Red Barrel when you leave the store.



In 2010, about 118,000 items of food were donated to the Emergency Food Pantry via the Red Barrel program.

We give thanks to everyone who donated last year and we invite others to help feed the Red Barrel in 2011. Contact coordinator Cindy Morton, cmorton@dmreligious.org for more information on the Red Barrel Program.

DMARC Staff

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Executive Director

Elisabeth Ballstadt
Food Pantry Director

Daniel Beck
Warehouse Associate

Laura DeLong
Financial Secretary

Kristine Frakes
Development Director

Jeff McNeeley
Warehouse Associate

Cindy Morton
Red Barrel Coordinator

Kelly Sparks
Events Coordinator

Terri Mork Speirs
Communications Manager

DMARC Executive Officers

John Ayers, President
St. Boniface Catholic Church

Brendan Comito, President-Elect
St. Catherine of Sienna Catholic Church

Susie Paloma, Vice-President
St. Catherine of Sienna Catholic Church

Linda Harvey, Recording Secretary
Church of Jesus Christ of Latter Day Saints

Chuck Kuba, Treasurer
Temple B'nai Jeshurun

John Holcombe, Past President
Highland Park Christian Church

Who is DMARC?

The Des Moines Area Religious Council is an interfaith organization with a core membership of about 150 congregations from 10 faith traditions. DMARC exists to provide a common means of responding to basic human needs and, in so doing, offers a context for interfaith dialogue, education, fellowship and support while serving as a liaison between member congregations and the greater Des Moines community.

The DMARC Emergency Food Pantry network is the largest in Iowa, made up of a centralized warehouse and 12 partnering distribution sites. The DMARC Emergency Food Pantry helps meet short-term food needs when families do not have enough to eat. In 2010, DMARC provided the food equivalent of nearly 1.5 million meals.

Gifts Given in Honor & in Memory

Between September and December, 2010, DMARC and the DMARC Foundation received gifts in honor of and in memory of the following people:

In Honor of:

Lee Adelman
Alice Barton
Lanny Benishek's
volunteer efforts
Janet Phipps Burkhead
Leland Couch
H. Lynn Davisson
A. Paul DeVries
Rachel & Nick Ford
Lee & Norma Gorden
Rachel Hadaway
Todd & Donna Halbach
Barbara Hans' birthday
Harland & Sylvia Hayek
Carol & Ray Hintz
Sister Mary Hogan
Jim Jenness & Louise Broten
Delores Jespersion
Jeanne K. Johnson
Katie Kelly
Sarah Kelly
John Kreig & Patti McKee
Jim & Joan Lehl
Deanna Lehl
Chris Leonard
Jean Livingston
Rev. Jean McKinney
Mitchell Miller
Myles Miller
Cindy Morton & Rich Jacobs
Joe & Louise Patrick
Merle & Phyllis Phillips
Jennifer Reynolds
G. Mark Rice
Dennis & Carolyn Riordan
Mary Riordan
Brian & Kerry Riordan
Terry & Janean Riordan
Sr. Sandra Rodemyer BVM
Delores Ruby

Wedding of
Thelma Clare Volger Ruck
& Robert Carroll Winchell
Jack Rush
Richard Santi
Mr. & Mrs. Bob Sauerman
Patricia Schroeder
Jean B. Schustek
Skinner Family
Brian Smith's 50th birthday
Darey & Kathy Smith
Mary Jane Smith
Melvin Sorstokke
William F. Spikes
Kent & Colleen Weeden
Wedding of
TC & Bob Winchell
Dr. Joe Woods

In Memory of:

Philip R. Beach
Elizabeth Buban
Dean Coles
Jack Deskin
Gary L.S. Dutton
Loren Gunderman
Duke Holst
Tom Huber
Bob King
Knox United
Presbyterian Church
Eva M. Light
Larry Long
Gene McCormick
Miriam McKeever
Carol Moreland
Sr. Stella Neil
Ed Poole
Red Rock Club members
who died in 2010
Anne Kieffer Richardson
Ivanell Seeberger
Ken Sells



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Join us on LinkedIn

COME to the Fifth Annual DMARC Soup Supper & Pottery Sale



Sunday, February 20, 2011, 4:30-7 p.m.
New Location: West Des Moines Christian Church,
4501 Mills Civic Parkway, West Des Moines
Cost: Still \$10
Proceeds will benefit the Emergency Food Pantry.

The DMARC Emergency Food Pantry 5th Annual Soup Supper and Pottery Sale is just around the corner. The supper will be held at a new location this year: West Des Moines Christian Church, 4501 Mills Civic Parkway, West Des Moines. We will feature chicken noodle, vegan garden vegetable and the ever popular chili. The \$10.00 ticket includes a handcrafted ceramic bowl, while supplies last.

For more information about the event, please visit our website: www.movethefood.org/soupsupper or call the DMARC office, (515) 277-6969.

Tickets may be purchased at the door, or may be purchased ahead of time at the DMARC and WDMCC offices.

Des Moines Area Religious Council
3816 36th Street, Suite 202
Des Moines, Iowa 50311
(515) 277-6969
Monday-Friday, 8 a.m.–4:30 p.m.

Wes Des Moines Christian Church
4501 Mills Civic Pkwy
West Des Moines, Iowa 50266
Monday-Friday, 9 a.m.–4 p.m.