

# FOOD FROM THE HEART newsletter



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www.foodfromtheheart.com • 805-898-3981

**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 Dale Gage...

## *Dale Gage*

Dale has lived in Santa Barbara for 13 years and has been a dedicated volunteer with us for over 4 years. After reading an article in the SB News Press, Dale decided to come join us every Wednesday morning and become an expert vegetable chopper.

Dale's favorite part about FFTH is working and talking with wonderful people. "It is amazing the subjects we can find to talk about. Also, I have learned a lot about good cooking."

Before coming to Santa Barbara Dale had a big hog farm in Orland, California which she calls a "large disaster".

She was a nurse for 21 years before retiring and is a wealth of information about the thousands of people that she cared for. She worked at St. Francis Hospital and the Mission and spent 2 years working at Hospice. She loves gardening, hiking, reading, meditation and studying subjects like astronomy, marine biology, psychology and yoga.

Dale has three children and is incredibly excited that her oldest son Jason, who is an attorney, has just come home to Santa Barbara with his beautiful new Turkish wife Ebru, who is a dentist. Her second son Jeremy lives in Santa Fe and teaches snow boarding and rafting on the Rio Grande River. Dale's darling daughter Cindy just moved to Northern California where she works at a book store and misses all her friends from Food from the Heart.

A year ago we turned the tables on Dale and delivered our food to her after she severely broke her leg while hiking. Now she has made a splendid recovery and can be seen around town driving her cute little green Volkswagon bug.



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](http://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.