



MANA Mailer

SUMMER '06
ISSUE 42

PROJECT MANA: A HUNGER RELIEF AGENCY

Planning Your Garden: The Challenge is Part of the Fun

There is nothing better than having your own home-grown vegetables for your salads and vegetable dishes. Tomatoes, squash, spinach, onions, garlic, Swiss chard, lettuce, carrots, radishes, oregano, sweet basil, parsley, sage, rosemary and thyme are a few of the vegetables and herbs that can be grown in the Tahoe basin during the summer months. *High altitude gardening, although challenging, can be done and the challenge is part of the fun.* It takes a little more planning, a little more perseverance and a lot of love for working outdoors with the soil. So if you possess these characteristics, and have a little space in your backyard that gets six or more hours of sun each day, then you can have your own garden.

Sunlight, Water, Security

You need to have as much exposure to sunlight as possible. You will need at least 6 full hours of sunlight for most plants. Shady spots in your garden can be used for some herbs and most lettuces. Easy access to water is important. Other considerations include security. What kind of critters do you deal with? With high altitude gardening, I don't experience problems with insects or diseases. It is the critters (rabbits, squirrels, birds) that are the real pests. I place an A-frame made out of chicken wire over my beds.

Plot Prep

Think carefully about where you would like your garden and, if possible, choose an area that you can use for several years or more. Pick an area that has lots of vegetation as an indicator for good soil. You may have to throw out a few rocks and add some compost to improve the texture and quality of your soil, but it will work.

Once you have selected your site, the next step is to mark it off by setting your stakes to outline the perimeter of your garden beds. Now the work starts, especially if it is a first time garden. All the ground space within the area you marked off needs to be turned over by hand with a shovel, or, a rototiller. Next, take a garden hose and water all the soil you just exposed. Keep watering over the next couple of days and those big clumps of dirt you're looking at will start to break down. After three or four days of watering, begin working down the bigger clumps with your steel rake or hoe. Then start raking the area level, throwing rocks into your wheelbarrow as you find them. This is also a good time to incorporate some compost or other soil amendments. Spread it evenly over the surface and work it into the soil with a rake or shovel. It may take a few days but soon it will start to look like a garden plot.

Planning

Before you plant your beds you

need to develop a garden plan. This is where you can really be creative. You can make your own calendar and decide which crops can be started in-doors to take full advantage of our short growing season, or you can buy your starters from a good nursery. As a rule of thumb, local nurseries will stock seed varieties that are suited for local conditions and altitudes.

Some other things to consider while making your plan: What do you want in your garden? Grow things that you like to eat. For quicker gratification, try starting simple, planting things that mature quickly. Landscaping with trees, boulders and native plants can add creativity and color to your garden.

Late and early frosts do happen, but you can stretch the growing season at both ends of the calendar if you're careful to cover crops with agro-fabric or plastic on cold nights.

Take Notes.

Last but not least, get yourself a notebook and start a garden journal. Keeping good records can help you make decisions. Keep track of crop varieties, conditions, planting, germination and harvesting dates. Make a map of your garden so you remember what you planted where and how the plants did.

—George LeBard, Executive Director-
Project MANA maintains Community Gardens in Kings Beach, Incline Village, and Truckee.

Nutrition Education

By Elizabeth Bancroft, Nutrition Education Coordinator

Hunger Awareness

This spring has been a busy one in terms of nutrition education events. We held three Hunger Awareness Banquets, a teaching tool originally developed by Oxfam International, that uses a dramatization to teach individuals that hunger is not a result of there not being enough food grown in the world, but is actually a result of an unequal distribution of the world's resources. Over 300 7th graders learned, through these banquets, that although the United States makes up about 3% of the world's population, we consume 33% of the world's resources.

We had to reschedule the Hunger Awareness Banquet for Alder Creek Middle School because it was snowed out twice. We were supposed to get another big snow storm on the day we had rescheduled it, and the teachers and I agreed that if the school had a *third* snowday we would take it as an

omen and NOT reschedule it a fourth time! However, the snow held off until later in the day, and Ann and Kaili and I finally got to present the banquet to the seventh graders. The teachers and students were extremely receptive to the presentation, deciding after the banquet to hold a school-wide food drive to raise awareness of hunger in the community while collecting food for those who need it. These dedicated Alder Creek 7th graders collected 852 pounds of food!

Second Grade Nutrition Ed.

Approximately 180 students in Incline Village and Truckee learned basic information about each of the food groups through our 2nd grade nutrition education program. The children were very enthusiastic about the classes. They especially enjoyed the healthy snacks I brought for the end of each lesson!

The kids learned about the importance of dietary fiber and eating whole grains, that they need to eat at least 5 servings of fruits and vegetables a day, and the role that

calcium and protein play in their growth and development.

In one particularly eventful class, during an activity where the students were evaluating the nutritional value of different beverages, one little boy "accidentally" punctured the side of a soda can that had been passed around one too many times. The kids learned that not only does soda have almost three times the amount of sugar as fruit juice, it also makes a very sticky mess when it explodes and rains down over the classroom!

Latino Health Faire

Project MANA's Truckee Program Manager Kaili Sanchez participated in the Latino Health Faire June 10th, partnering with Nevada Co. First 5 & Betsy Taylor, RD, to provide healthy smoothies, fruit salsa, and great recipes.

Over 500 people came to the event and were treated to dental and health screenings, a bike safety rodeo, car seat inspections, Mexican Consulate services, free lunch, and a raffle.

Thank you, Volunteers

They pick up, sort, pack, deliver, and distribute food. They sweep and scrub. They smile. Together they give more than 1500 hours of their time. We could not function without them.

Project MANA volunteers range in age from school kids to senior citizens. Some help out with particular events, such as our Let's Talk Turkey distribution, Community Gardens, or Nutrition Break during school testing. Others commit weekly, delivering food to homebound clients, rescuing food from markets, and assisting at food distribution. We appreciate everyone's help.

To our weekly volunteers, thanks: Bill Wendien, Christy Cheney, Dave & Rita Holtebeck, Debbie and Monica Ceragioli, Ed Natrass, Edie & Denny Lott, Eileen Collinson, George Long, Janice Twomey and Joseph Nase, Julie Ginocchio, Karen Duran, Katherine Heffe, Kathy Nash, Kim Gould, Linda Bellamy, Mary Shannon, Miguel and Sam Santiago, Miguel Martinez, Mike and Ronalee Bowdish, Mike Climo, Skyla Hauptman, Sunshine, Truckee Lutheran Presbyterian Church members....

Many thanks, also, to those who step in for special events.



Fundraisers, Food Drives, Grants

Recent Donors of Funds & Food

Feinstein Challenge Fundraiser a Great Success

More than one hundred community members contributed to the annual Feinstein Challenge, raising approximately \$36,000. Rhode Island philanthropist Alan Shawn Feinstein has pledged to match \$1 million to hunger relief agencies nationwide who participated in the challenge. Locally, Dorothy Lemelson of the LEAP foundation donated \$10,000 in matching funds. Every donor makes a difference. Thanks to all.

RASA Concert Benefits Project MANA

Incline Village resident Jennie Fairchild organized a benefit concert featuring the transcendental music duo RASA, raising \$560 for Project MANA in March. We're now hearing their music in our yoga classes and hoping they'll return next year. Thanks to Jennie for her thoughtfulness in organizing this event on our behalf.

Cooking Queens Reign

The dynamic duo Cindy McLellan and Mary Jurkonis, aka The Cooking Queens, entertained cooking class participants in May with To Grill or Not To Grill – This Shouldn't Even Be a Question. Proceeds, totaling over \$500, were donated to Project MANA.

Spring Food Drives Bring In Three Tons of Food

Project MANA thanks Curves of Incline Village, Tahoe City, and Truckee; Southwest Gas; Cub Scout Pack 37; Alder Creek Middle School; and the local Post Offices for collecting just over six thousand pounds of food. Thanks for helping to Keep Tahoe Fed.

We also appreciate the donation of diapers—a highly requested item—from the Incline Mom's Club.

Alpine Meadows Collects for Project MANA

We were delighted to be the beneficiary of Alpine Meadows Ski Corporation's Community Benefit Day which brought in \$1,000.

Grants Recently Awarded to Project MANA

Project MANA was the recipient of grants from Tahoe Truckee Community Collaboration, Lahontan Community Foundation, the Tahoe League for Charity and Wal-Mart. In addition, IVGID is providing funds for Nutrition Education for Seniors. Project MANA will be participating in this program. We are grateful for this support and belief in our work.

- Ainslee Morton
- Anne & John Isaacson
- Barbara Boyle
- Barbara Kallestad
- Beverly Myers
- Caroline Potter
- Charles & Janeann Kellermeyer
- Cherry & Stephen Barney
- Chris Werfel
- Christine Beckstead & Richard Chew
- Clifford & Joan Hartwell
- Connie Ford
- David & Susan Hoeffler
- Debra Francis
- Dr. L. C. and Jean Koenemann
- Edward & Cecilia Bahr
- Elwood Munch
- Elyse & Shai Gut
- Eric Gamblin & Cathy Cross
- Eugene & Ruth Miller
- Gerald & Joyce Long
- Gwen Lidlicker
- Hancock-Catron Charitable Fund
- Helen Coughlin Roberts & Wm Roberts
- Jackson & Karen Barney
- Jacquelyn Viviano
- Jane Hill
- Jim & Connie Nowlin
- Joanie & Steve Hull
- John & Debra Iannucci
- John & Linda Sutter
- John & Sue Sorensen
- John Gerding
- Julia Crow
- Julie & Wayne Cromwell
- Kiwans Club of N. Lake Tahoe
- Leslie & Hinton Williams
- Lighthouse Shopping Center
- Linda Bezinover
- Mac & Parise De Jean
- Maria Rubio
- Marilyn & Art Berliner
- Michael & Carolyn Smith
- Michael Murphy
- Michele Brzezinski & Steven Silverthorn
- Michelle Jimerson
- Mike & Ronalee Bowdish
- Mr. & Mrs. T.Z. Chu
- N. Tahoe Church of Religious Science
- Nancy Glidden
- Patricia & Eugene Lord
- Phyllis Farr
- Randolph Carlson
- Richard & Alice Krautsack
- Richard & Andrea Fink
- Richard & Beverly Ather-ton
- Ross & Norma Price
- Sara Hitt
- Soroptimist International of Truckee-Donner
- Squaw Valley Chapel
- Steve & Sandra Devin
- Steven Glazer
- Suzanne Hirabayashi
- Tahoe Cedars Homeowner's Assoc.
- Ted Fuller
- Truckee Lioness Club
- Wells Fargo Bank
- Wendy Floersch
- Wilda Frasher

Thank you to all our donors for your generous support.

Project MANA

Board of Directors

President: Wayne McClelland
 Vice President: Tony Remenih
 Secretary: Candi Fyfe
 Treasurer: Wayne Cameron
 Director: Sylvia Ambriz
 Director: Mark Estee
 Director: Pamela Tambourine

Project MANA

In the Office

Executive Director:
 George LeBard
 Truckee Program Manager:
 Kaili Sanchez
 Nutrition Education Coordinator:
 Elizabeth Bancroft
 Office Manager:
 Ann Eatinger

Project MANA Wish List

- Dried or canned pinto & black beans
- Rice
- Cereal, including oatmeal
- Peanut butter
- Canned tuna, meat, and poultry
- Canned fruits and vegetables
- Ensure and Glucerna
- Diapers
- For our office & warehouse:
- A PC computer
- Step stools

Project MANA
948 Incline Way
Incline Village, NV 89451

Phone: 775-298-0008
Fax: 775-298-0009
E-mail: georgel@projectmana.org

We are on the Web:
www.projectmana.org



Project MANA is a proud member of :



Save the Date



Please join us Sunday, September 10th for **A Night of Wine and Roses.**

This annual fundraiser, cosponsored by Moody's Bistro & Lounge and PlumpJack Squaw Valley Inn features various wineries, mouthwatering morsels, live music, and a live/silent auction.

The event will be held at Moody's in Truckee from 4-9 p.m. Tickets are \$75. Please contact Project MANA at 775-298-0008 for information about purchasing tickets or to donate auction items. See you there!

Ongoing Supporters of Project MANA

- 7-11 Incline Village
- Albertson's
- Julie Bowman & Truckee Pines
- Karen & Paul Colbert
- Community Collaborative of Tahoe Truckee
- Cooking Queens Cindy McLelland & Mary Jurkonis
- DEW Foundation
- Dickson Realty
- Dorothy Lemelson & the LEAP Foundation
- East West Partners
- The Food Bank of Northern Nevada
- E-Z Mail
- Kings Beach Family Resource Center
- Lahontan Foundation
- Lifton Family Foundation
- Lisa's Organics
- Dennis & Edie Lott
- MAZON: A Jewish Response to Hunger
- Moody's Bistro & Lounge
- The Munson Family Foundation
- New Moon Natural Foods
- Newman Family Foundation
- North Lake Tahoe Bonanza
- North Tahoe Community Church
- North Tahoe Hebrew Congregation
- The Parasol Community Foundation
- Piper's Patisserie
- Raley's
- Safeway Food & Drug
- Share Our Strength
- Sierra Discount Printing
- Sierra Pacific Power
- Sierra Sun
- Rodney & Evelyn Smallwood
- St. Francis of Assisi Church
- Starbucks Coffee
- Pat & Ed Sunseri
- Tahoe House Bakery & Gourmet
- Tahoe Lending Group
- The Tahoe World
- The Treat Box Bakery
- Truckee Lutheran Presbyterian Church
- Truckee Tahoe Community Foundation
- United Way of Northern Nevada & the Sierra
- Village Market
- Wells Fargo Bank

& all our tireless volunteers