



## One step at a time.

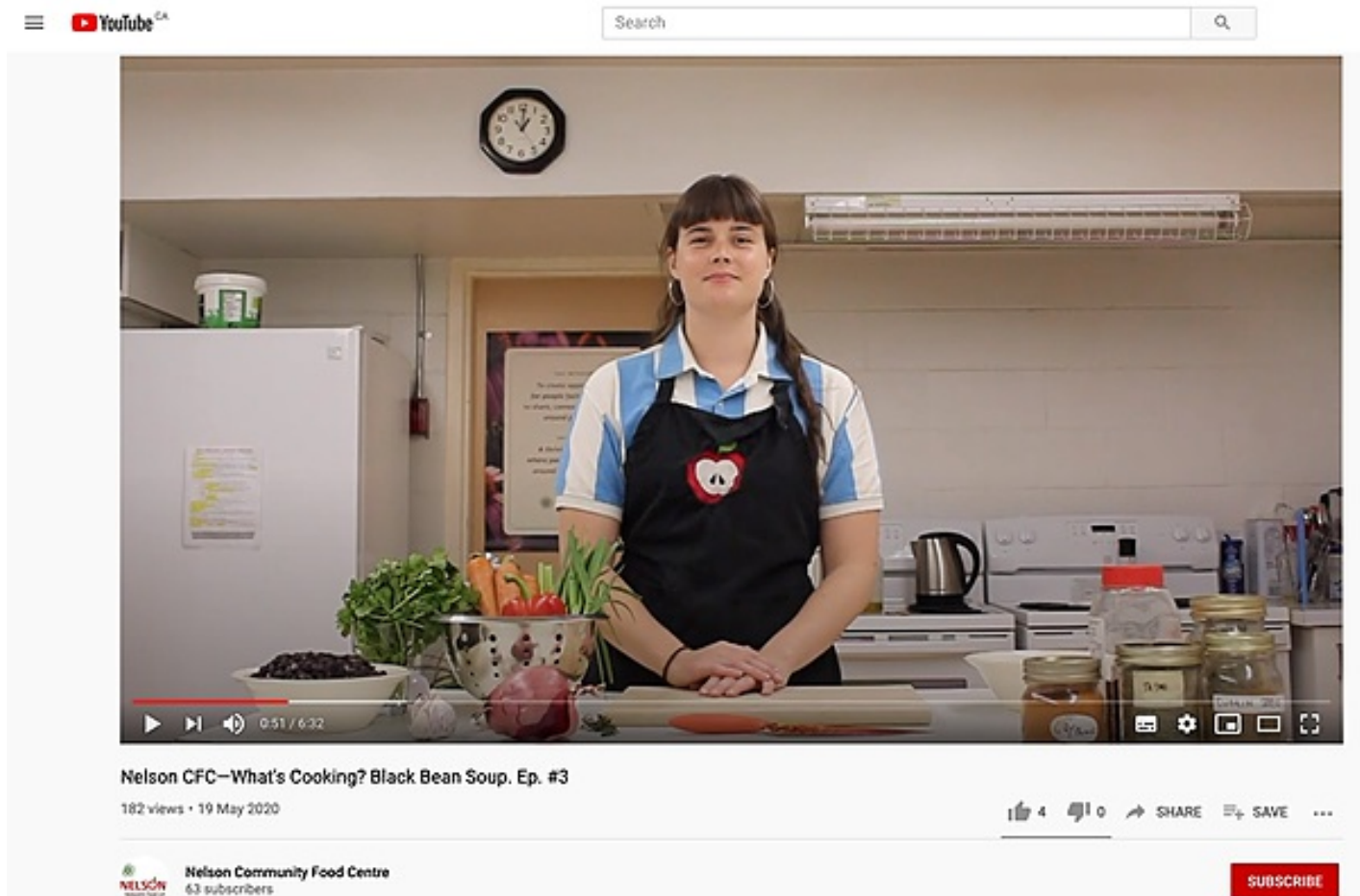
I'm checking back in with you because we have more news to share (I guess that's why it's called a newsletter, eh?). With July wrapping up and COVID far from peak times, we've been visited by the wildfire smoke again. The expression: "when the going gets tough, the tough get going" may well describe the Nelson CFC team. Our Harvest Rescue and Garden programs are running full steam and our Good Food Bank continues to offer good and healthy food to hundreds of people each week.

Between the smoke, the heat, and the pandemic, we are managing to keep smiles on our faces (and the faces of our volunteers and program participants). We're happy about that.

## Staff update.

There's lots to report on the staff front. First off, some bittersweet news: Michaela Woeller, who has been running our food skills program through thick and thin, is going back to school to study psychology. Those of you who have interacted with Michaela at some point over the last two years will know what an asset she has been to the organization with her kindness, professionalism and adaptability, as well as her amazing culinary skills. We are really

sad to see her go but happy that she is pursuing something she loves. You may see her around the 'centre making cameo appearances as a volunteer—she'll be in town for a while yet. Lucky for us all, we can see Michaela cooking away any day on [our YouTube channel](#). [Subscribe today](#).



Many of you have already met Jesse Woodward, our new Good Food Bank Coordinator. Jesse is already a month into his new role and is doing a great job. His former employment as the farmers' market coordinator in town has helped us partner with local farms and provide more great (and local!) veggies through our Good Food Bank. So here's a formal welcome to Jesse. It's great to work with you!

Next up... Hannah DeBoer-Smith has joined us as Harvest Rescue Coordinator—plenty of time before the peak fruit season hits Nelson and area. Hannah has been an amateur gleaner/forager for

years and we are happy she has picked us to go pro. Welcome aboard, Hannah!

If you want to register a fruit tree for picking, [go here](#). **If you'd like to volunteer** for Harvest Rescue (or any program), [click here and fill out this simple form](#).



And...some other program news.

Our sourdough bread program is now into its fourth month. For this chapter of the program, we were able to hire a third Bread Program Assistant, Elwood Thomas, through the Columbia Basin Trust's Job Experience Program. Elwood joins April Robertson and Stephanie Hohn as the bakers. All of them have been volunteers at the Nelson CFC for years (April was highlighted in our last newsletter) and we are happy to be able to support their good work. Together, this team bakes 75 sourdough loaves each week for our Good Food Bank participants—many of whom tell us it's getting better and better.

Stephanie and Elwood also help out in the Nelson CFC Garden.



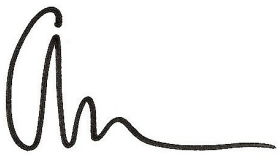
**Support the 'Centre**

**Many of you already support us. Thanks for that.** If you aren't yet a donor and want to support our four programs (either as a monthly or one-time donor), [just click here and follow the simple instructions.](#)

And.....**we are looking for volunteers.** If you'd like to join our super-duper team in the Good Food Bank, Harvest Rescue, Food Skills or Garden program, [click here for more info and to apply.](#)

Thanks for your interest in the [Nelson Community Food Centre](#). Come by and take a look at our Garden any time.

Sincerely,



Andrew Creighton  
Community Relations Manager  
(On behalf of the Nelson CFC team)





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**PS: If you haven't already, consider joining our monthly donor program and support us all year long.**

*We have moved over to a new emailing system so my fingers are crossed that this all goes well here. If you'd like to continue getting our email newsletter every 4-6 weeks, great! No action required. If you'd rather not, we're sorry to see you go. Please click the unsubscribe link below.*

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