

Food Pantry, LAX

Special points of interest:

- Days/Hours of Operation are Tuesday and Friday, 10:00 a.m.—12 noon.
- 355 E. Beach Avenue
Inglewood, CA 90302
310-677-5597
- Tuesday Manager:
Judie Holland
- Friday Manager:
Dorothy Nino

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Manna: Food provided by God to the Israelites during their journey to the promised land

MANNA



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Hometown News Headline:

Food Pantry Looks for Generosity, Donations Year Round

The Hometown News covering Westchester, Playa Del Rey, Marina Del Rey, and Playa Vista featured the Food Pantry in a recent article. For those of you who missed it, we include some of the article in this edition of Manna:



Friday morning at the Food Pantry, LAX is full of action as volunteers move busily around the stockroom cutting vegetables and placing cans in bags for those who wait patiently in the warehouse's lobby and in a line outside.

In a time of layoffs, joblessness and a general slump in the economy, the Food Pantry, LAX acts as a blessing for those who would otherwise go without food. Volunteers call the bag of groceries they give to people an "emergency food supply," which is meant to provide at least one complete meal for a household of two or three people.

The Food Pantry, LAX was established in 1985 under the auspices of the Westchester/Ladera Clergy Association and replaced efforts from individual churches, which each handed out food separately. The association

continues to support the pantry.

The pantry has a service area that encompasses Westchester, Playa del Rey, Inglewood and Hawthorne and is open Tuesdays and Fridays from 10 to noon. Groceries are given out on a first-come, first-serve basis and, according to volunteer coordinator Dorothy Nino, roughly 140 people receive food on a given day when the pantry is open.

Food is given to people from all walks of life who have fallen on hard times; their "client" base consists of single people, a family with eleven children, elderly from the senior day care

center next door and a group from a home for the disabled. Since the recession hit, Nino estimates that there are roughly 15 new people per week who line up for food; she also estimates that roughly 13% of clients are homeless.

Said the non-profit's president Scott Tanner, "Our activity increases at the end of the month because our clients live on social security, unemployment benefits and other limited income and they run out of money late in the month. They are trying to make it on their own, but they can't, so they come to us because they need our food. The

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It is a sign of strength, not weakness to admit you don't know all the answers.
John P. Loughrane

The most potent and acceptable prayer is the prayer that leaves the best effects - those that are followed up by actions.
St. Teresa of Avila

Relying on God has to begin all over again every day as if nothing had yet been done.
C.S. Lewis

Meet Ruby

Clients coming to the Food Pantry are a diverse group. They come from different countries and different states, they have different interests and backgrounds and life styles. The one thing they share is the need for assistance in providing food for themselves and their families.

Ruby, one of our clients, is proud to be a native born Angeleno. She grew up in Inglewood in a family of

seven daughters and one son. As adults, they frequently see one another because she says they are still a close knit group.

After graduating from Fremont High School, Ruby worked in child care and home health services for the elderly. She says she enjoys working with and helping the elderly. Because of the recession, she has not had employment for an extended period of time.

Ruby enjoys playing dominoes and cards,

cooking, and watching television. Creating a new food dish for her family gives her true pleasure!

Ruby has one son, one daughter and four grandchildren. She lives by herself now, but has opened her home to her daughter's family in their time of need. Ruby attends the Church of Christ and enjoys singing hymns with the congregation. She is a caring, giving, respectful person in her quiet way and worthy of admiration. ♦

Food Pantry, LAX News and Events

Earlier in the year, a Goodwill Driving School owner discovered our premises in the course of his travels and gave us some groceries and \$100 unsolicited because of what we are doing. We really appreciate the kindness of those who come to us, without being asked, to provide support.

We have found we can give out as much Tuna and macaroni and cheese as we can get our hands on. They seem like strange bedfellows, but they are liked by the patrons and they have nutritional value. We can always use protein as long as it can be stored in a can or dry

package. We try to have several different healthful items for every bag of groceries so our patrons get the variety they need. It's good for them and it makes the bag of groceries more interesting.

Despite being nearly 80 years old, Peg and Jess Stone continue to pick up food for us at the Westside Food Bank and deliver it to the premises. That includes hundreds of pounds of food, although they do get help unloading. You don't need to be young to be helpful in a labor like this; you just need to be willing.

One of our major expenses is for bread.

We get some bread donated from Togos, Starbucks, and the Vons in Mar-Vista, and we appreciate their generosity very much. If any of our readers have a suggestion on how we can get more bread, it would be much appreciated. Call Scott Tanner at 310-670-6012.

After much delay, the Emergency Food and Shelter Program was renewed by Congress and we just received the first payment — we expect to get our usual two equal payments. This time, we got 79% of what we received last year; that represents about 11% of our current costs. ♦

Meet Emily Mayeda, Our New Secretary

- Becky Weber -

Meeting Emily is like a breath of fresh air. She brings to any meeting charm, ability, intelligence and humor. Her many talents belie the fact that she is a sixteen year old high school junior at El Segundo High School.

Currently, she is a member of her school choir, which has been chosen to entertain at several venues in London during the Olympic Games of 2012. The 65 choir members are working hard to raise the considerable money for their expenses.

Emily is an ambitious student. She is taking Advanced Placement Biology and Advanced Placement Calculus. She has participated in Youth in Government at the YMCA. She is the holder of her California Learners Permit from

the DMV; a very important milestone for every teenager.

After high school plans are not yet firm, but college is in her plans. She will probably aim for a career in health services of some kind. She enjoys being the baby sitter of choice in her neighborhood.

Emily has been in attendance at Covenant Presbyterian Church all of her life. Her great grandmother was a charter member of Covenant Church so Emily is a fifth generation member. She is very active in the youth group and is learning to be the sound booth operator on Sunday mornings.

Part of Emily's charm are her broad interests, conversation and competence in so many things. Harry Potter has been read and re-read since kindergar-

ten. She loves Japanese food, jazz dancing, ballet and football games. As a karate black belt, she also enjoys "IN-N-OUT" burgers, flying and nail polish. She has visited Japan, where she met with her grandmother, aunts, uncles and cousins. Travel is high on her list of 'faves.' She has visited half the states and found Boston, where her aunt lives, very special. Emily's family lives in Westchester. Twin brothers, Noah and Adam are in middle school, Dad is a fire fighter and Mom is an active community member. About the only things she doesn't like are mean people, although she loved the movie 'Mean Girls.'

It is reassuring to know that Emily and her peers will make a difference. Emily, our hats are off to you. ♦

Elizabeth Tanner Assisting the Board on Fundraising

For the last year, Elizabeth Tanner has been attending the board meetings and is working to develop a broader list of companies and individuals who can provide continuing financial support for Food Pantry, LAX. Elizabeth goes by Biz and was born and raised in the Westchester/Playa Del Rey area. She received a degree in

English at BYU and a masters degree in library and information sciences at UCLA.

She has been an employee of the County Library since her graduation from UCLA and is currently the director of teen services for the Los Angeles County Library System. When she is not working, she likes to read, not surprisingly, and she

enjoys music. She also runs and belongs to Hangar 18, an indoor rock climbing gym in the South Bay. She played soccer and volleyball when she was in high school. She is very active in her church.

We welcome and appreciate Biz Tanner for her efforts on behalf of the Food Pantry, LAX. ♦

A decent provision for the poor is the true test of civilization.
Samuel Johnson

NEWS FLASH

44 sponsors of Guy Wauthy's participation in the Nov. 6 Hunger Walk donated \$2,222! Food Pantry, LAX will be credited with 75% of that. Thank you Guy and all your sponsors!

Be the master of your will and the slave of your conscience.
Hasidic saying

Provision for others is a fundamental responsibility of human life.
Woodrow Wilson

Food Pantry, LAX

is located at:

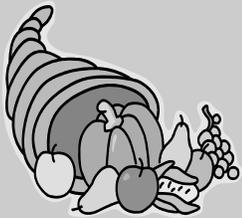
355 E. Beach Avenue
Inglewood, CA 90302
Phone: 310-677-5597

Between La Brea &
Centinela; one block
North of Florence

Mailing Address:

8726 S. Sepulveda Blvd.
Suite D PMB 741
Westchester, CA 90045

**All donations
are appreciated.**



Volunteers

are always needed at the Pantry, especially now on Tuesdays from 9:30 am to 12:30 pm each week; we also need people able to do food pick-ups as needed. If you can work one day a week, or one day a month, we would love to have you. To volunteer your services please call Dorothy Nino at the Pantry on any Friday, 11 to 12:30

310-677-5597

A Ministry of the Westchester/Ladera Clergy Association since 1985

OUR MISSION: Food Pantry, LAX is an emergency food resource for low-income clients in Inglewood, Westchester, El Segundo, Hawthorne and portions of Los Angeles. Our policy is to provide food for 2 days or six meals to our clients. Clients may come to the Pantry once per week.

BOARD OF DIRECTORS

W. Scott Tanner, President
Bob Quinn, Vice-President
Willie Hodges, Treasurer

Board Members:

Johnny Albano	Donna Eggebeen
Dorothy Nino	Mary Thompson
Deacon Guy Wauthy	Becky Weber
Hazel White	Emily Mayeda

Home Town News Cont. from Pg. 1

clients change enough over time that I am convinced most of them don't want to be beholden to us, but need us in a time of need."

The organization boasts a loyal and dedicated group of volunteers, some of who have been donating their time for decades and one volunteer, who at 93, volunteers her time once a month.

On a regular distribution day, volunteers prepare bags of mostly canned food and try to give people food that can fall into a "menu;" for example, people are given the items needed for a chili or beef stew dinner, tuna or macaroni and cheese.

Volunteers try to provide nutritionally

balanced meals as much as possible, but fresh fruits and vegetables are often at a premium at the pantry.

Says Nino, "We try to give them fresh items as much as we can."

While the average lunchtime meal might cost between five and ten dollars, the food pantry estimates their meals come in at a cost of a mere fifty-seven cents.

Although they do not want to turn people away, sometimes more than 500 people a week show up, forcing the group to limit the number of people they can serve.

During the holiday months, when food drives are more prevalent, the pantry receives its most donations. Volunteers Nino and

Thompson agreed that during the rest of the year, especially the summer months, donations don't come in as steadily, despite there still being a great need.

For those without the means to purchase groceries, the pantry serves a vital purpose. For those that are more fortunate, however, it poses a non-profit that the community can get behind.

Sums up Tanner, "Perhaps the importance of the Food Pantry to the community is to remind [them that] there are people among us who are in need, and there are people among us who are willing to address that need, and that makes us a community worth being part of." ♦