



KAIR

Keys Area Interdenominational Resources
Food Pantry and Emergency Services for those in Need in the Middle Keys

February 2011

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TIME TO SAY THANKS!

Often I get asked how KAIR gets its funds to keep doing the things we do. Well, an upcoming event explains not only the "bread and butter" of how we can continue to keep our doors open but also describes the delicious homemade "jam" on top.

The Sombrero Beach Run is KAIR's largest annual fundraiser. It is such a fun day. There are hundreds of walkers and runners, music, food, lots of prizes and hopefully good weather. Everyone's smiling and it just looks so easy.

Well, behind the scenes is a group of very dedicated, smart, talented volunteers who start planning the next race almost immediately after the last one has finished. For months, they have been gathering sponsorships, encouraging teams, planning food, designing t-shirts and who knows what else. During the last days before the race, they are lugging tents, stocking water, preparing food, stringing ribbons on medals and again, who knows what else!

If you can, come out and support the race and the volunteers who make it happen. If you don't want to run or walk, just come and cheer. Join in the fun. Maybe have a hot dog! And thank you Jane Packard and your dedicated committee: Terry Lynn Kelly, Phyllis Michaelis, Becky Godchaux, Lynn Voit, Charlotte Quinn, Sarah Cizmas and Penny Ludwin.

You are an inspiration!

Let's Get to Work!



Last month we talked about partnering with South Florida Workforce to offer some job seeking workshops for local residents that are not working and have been discouraged when looking for a job. Our first workshop is the morning of March 8th! Participants will get extra help in how to look for work, prepare an application or resume, interview, and other related topics. They also will have an opportunity to meet one on one with a job counselor for additional help. A small denomination food card will be provided by KAIR to participants who complete the workshop. Thank you Annie Olshansky of South Florida Workforce for so enthusiastically making this happen!

Did You Hear Wedding Bells?

Our own Cindy Fox took the plunge and was married on Feb. 12th to Wayne Varney. The ceremony took place at the Methodist Church with a reception at the garden club. Friends and family were happy to share this special day. Cindy works at the KAIR office one or two mornings a week. When you see her, give her your best wishes!!

Winn-Dixie Hip Hip Hooray for Winn-Dixie!

Last month we told you about a new program to recover fresh foods from Winn-Dixie. KAIR staff attended training through the Feeding South Florida regional food bank and completed a Safe Serve food handling course. Three times a week, KAIR volunteers now pick up fresh food donated by Winn-Dixie that is still very good food but close enough to expiration that it needs to be distributed quickly. This has been a wonderful blessing as this food has included fresh fruit, vegetables, dairy products and meat. All are nutritious ingredients that promote good health and taste good too. Thank you Winn-Dixie for being such a good neighbor!

Help Run Hunger Out of Town!

The 5th Annual Sombrero Beach Run/Walk is set to take place on March 5th at Sombrero Beach. Last year's race attracted 500 runners and this year over 600 are expected to run or walk. There are two races, the 10K run which will start at 8am and the 5Krun or walk which will start at 9:15am. There is a 15K challenge that includes both races. There will be music by DJ Tito, food and drinks free for runners and walkers. There are prizes and medals for winners and many raffle prizes. There is also a silent auction of gifts unique to the Keys. Cost to enter the run/walk is \$25 for individuals and \$20 for teams of five or more. Race day registrations are \$30 and \$25. The 15K Challenge is \$35. All proceeds from the race benefit KAIR, our food pantry that provides food for residents from Tavernier to Big Pine. KAIR also provides emergency assistance for housing, medical and transportation needs among other things to local residents who are in crisis. Registrations are available online at active.com. For more information on the race, please call Jane Packard at 289-9868. For more information about KAIR, call Marj Roberts 393-6621.

It's Not Too Late to Join in the Fun! Register Now!

