



Dear Volunteers,

Throughout this past year, you have been the beating heart of our organization. Your commitment, selflessness, and unwavering support have made a profound impact on every aspect of what we do.

From lending a helping hand at events to dedicating countless hours driving and delivering meals, your efforts haven't gone unnoticed. Whether it was the smiles you brought, the problems you solved, or the hope you instilled in others, your contributions have touched the lives of so many in our community. Each act of kindness and generosity has created ripples of positivity that extend far beyond what we can measure.

Take a moment to reflect on the true essence of this season—gratitude and giving. You embody these principles daily, not just during the holidays. Your dedication and passion have shaped our success, and for that, we are forever thankful. We wish you the best holiday season and a wonderful New Year!

Warmly,

*Harjit Baumann*



## More News

### 2023 Retirees

**David and Agnes Gascho** – Agnes joined the St. Bonaventure Adopt-a-Route team in November 1997. Her husband David joined in 2013. They helped deliver meals to clients on Route 330 for many years.

**Murray Young and Bonnie Linden** – Murray joined the KGC meal delivery team in October of 2001. Shortly thereafter, his neighbor Bonnie decided to accompany him on route. They did Route 531 on Wednesday.

**Larry Gill** – Larry did Routes 116+121 every Wednesday since February 2006 and would still be doing so had he not moved to Edmonton.

**Beth Truscott and Kim Rendulich** – are two friends who would deliver together or ensure someone was covering Route 348 every other week since 2010. Beth joined first then convinced Kim to join her.

**Nancy Prior** – was an RCL meal delivery volunteer who delivered Route 406 since July 2013. She also helped with Special Events, primarily the Pig and Pinot.

**Ajay Bharadwa** – first came to us as a Chevron Adopt-a-Route team member January 2014 then came on board as a solo artist to cover Route 533 out of KGC every Friday.

**Bruce Roberts** – managed to squeeze Route 203 other week while working since December 2018.

**Fiona Layfield** – Fiona was not with us for long (January 2023) but was a KGC rockstar, picking up many spares routes on top of her regular. She has since moved to Houston.

### Gas Rebate

The 2023 receipts and cheques have been mailed/emailed, if you have not received yours please contact [volservices@mealsonwheels.com](mailto:volservices@mealsonwheels.com)

### Holiday Closures - No Meal Delivery on the Following Dates:

DEC 25 (MON) OFFICE CLOSED

DEC 26 (TUES) OFFICE CLOSED

JAN 1 (MON) OFFICE CLOSED

FEB 2 (FRI) OFFICE CLOSED

MAR 11 (MON) OFFICE CLOSED

### Quick Reminders

#### Open Routes

The open routes change daily, so please check regular and sign-up using these links anytime:

North Routes: [Sign up here](#)

South Routes: [Sign up here](#)

#### Meal Delivery Line

Just a friendly reminder to call Meal Delivery **(403-648-2946)** if it seems you are unable to deliver any meals or you are finding meals from the day before. We have extra phone numbers at our fingertips and may have better luck reaching a client to enable you to deliver meals successfully.

### Upcoming Events

**YYC Hot Chocolate Fest** - Calgary's biggest food festival is back this February and it's gearing up to be bigger than ever! Stay tuned to the YYC Hot Chocolate Fest [website](#) and [social media](#) for updates.



#### Volunteer Spotlight Ron Ratke

Ron has been volunteering with Calgary Meals on Wheels since December 2019. He was a cameraman for Shaw TV for many years, during that time he covered numerous stories on CMOW, which led him to volunteer with our organization, his uncle Larry Gill also volunteers with CMOW.

Ron volunteered at the Food Bank but wanted to do more, he has a regular route on Monday and Tuesday and also picks up additional routes when we're in a pinch. Ron delivers mainly out of the Royal Canadian Legion depot.  
We truly appreciate everything Ron does for Calgary Meals on Wheels!

## Welcomes & Anniversaries

### December Anniversaries

**30 Years:** Hope Lutheran Church **29 Years:** Anne K. **24 Years:** Jennifer J.  
**23 Years:** Keith D. **20 Years:** George B., Mary Jane S., Richard S. **19 Years:** Danuta M., Francois M., Bruce W. **10 Years:** Rene T. **5 Years:** Betty Anne C., Barrie C. **1 Year:** Andy M., Sergio P., Hank P., Ed M., Stephen R., Shelly H., Steve D.

### A warm welcome to our newest volunteers:

Bob K. Ingrid S. Margaret C. Don K. Laurence E. Turone R. PCL  
Construction, Sysco

## Your Impact...

### Highlights

- 15 volunteers have been with us for 20+ years!
- 50% of our volunteers are 65+
- 3 Adopt-a-Routes have been with us for over 20 years
- 97% of our volunteers were satisfied with their volunteer experience
- Over 1 million meals have been delivered to date in 2023

### Monthly stats

<b>18,656</b>	Meals were delivered in December
<b>267</b>	Volunteers helped make this happen
<b>312</b>	Christmas presents were delivered
<b>27</b>	Birthday presents delivered
<b>115</b>	Delivered Bouquets

### Calgary Meals on Wheels

(403) 243-2834 | [info@mealsonwheels.com](mailto:info@mealsonwheels.com) | [mealsonwheels.com](http://mealsonwheels.com)

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