

NORTH SHORE JOURNAL

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Christine Mallory, Editor

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March Minnesota FoodShare Strives to End Food Insecurity

By Kitty Mayo

Picture this: No one in Minnesota struggling with food insecurity, and everyone has access to healthy food. It's a lovely picture, and one that is the vision of those behind the annual Minnesota FoodShare campaign.

According to Michelle Miller, executive director of the Two Harbors Area Food Shelf, the yearly FoodShare drive is a rare opportunity to make a bigger impact in support of the food shelf.

"Every year this is growing, and there are so many ways you can support it with the potential for donations to go further in the month of May," said Miller.

While you can make a donation to the area food shelf or Minnesota FoodShare at any time, March is special with the potential to increase the impact with matched contributions with the support of the Minnesota Council of Churches.

The FoodShare initiative, going on since 1982, went a long way to reaching that goal last year with raising over \$8.1 million dollars and 5.5 million pounds of food brought in last year.

However, there is still a long way to go in finding long-term solutions to food insecurity in our state and local communities, where almost one out of ten people still experience food insecurity, and 9.5 percent of Minnesotans living below poverty level. (Food insecurity means having limited financial resources to get consistent access to healthy food. Leaving the food insecure to rely intermittently on food that is of poor quality, less nourishing and reduced variety.)

Children and elders make up a significant and growing portion of those numbers, and over 3.4 million visits were made to food shelves in the state in 2017.

Minnesota FoodShare started as an effort by church congregations in the Twin Cities to restock food shelves, and



quickly grew into a grassroots food and fund drive throughout the state, helping to stock about 300 food shelves.

Highlighting local events for the March campaign, Miller says that local support continues to be amazing:

- Super One Foods Grocery Store will be doing a \$5 a bag promotion supporting the Two Harbors Area Food Shelf (THAFS) during March FoodShare.
- Goodwill Industries at their Two Harbors site will be accepting donations (monetary and food donations) for FoodShare. Donors will receive a 20 percent off coupon that can be used on their next purchase, and all contributions will go directly to the THAFS.
- Music to Feed the Soul is another event that will benefit the THAFS for the March FoodShare. Even though the free music event is being held on Sunday, April 7th at 3:00 p.m., any free will donations collected will be counted in the FoodShare fundraiser.

Music to Feed the Soul has been held annually for 15 years at the United Church in Two Harbors, and features local artists. This year's line-up will include the food shelf's Michelle Miller and Jamie Harthan with their debut ukulele performance. After the concert will be a time for fellowship with desserts served.

Other area churches are participating in the March FoodShare by collecting financial contributions and food donations at: Bethlehem Lutheran and Holy Spirit Catholic Church in Two Harbors, and Knife River Lutheran Church.

You can make a direct donation to the THAFS during March online at: thfoodshelf.org, or by sending a check to Two Harbors Area Food Shelf, P.O. Box 601, Two Harbors, MN, 55616.

North Shore Mourning Grand Portage Tribal Chairman Deschampe

By Kitty Mayo

Norman Deschampe spent the last 27 years as tribal chairman for Grand Portage Band of Lake Superior Chippewa. He passed away February 9, 2019 at the age of 65, from a heart attack.

Deschampe, a lifelong resident of Grand Portage, spent the majority of his life serving in some capacity for the tribal council, and was well known for dedicating his time to the betterment of the people on the

reservation. He also served as former president of the Minnesota Tribal Council, representing six Anishinabe bands in northern Minnesota.

The tribe will hold a special election in July to fill the position of tribal chairman.

Mayor of Grand Marais, Jay Arrowsmith-DeCoux, has declared February 26th, Deschampe's birthday, "Norman Deschampe Day".

A Family Memoir: Authors Bring Stunning Story to the North Shore

By Kitty Mayo

This is a true love story, and one fit for the big screen. I dare you not to get goosebumps when you read it.

Authors Dennis and Karen Vinar will be visiting the Two Harbors Library, and the Silver Bay Library to share the story that they chronicled in the book titled "*How did you find me...After all these years?*"

The story starts in a little southern Minnesota town in 1958. A 13-year old Karen and 15-year old Dennis fall in love. At the age of 15, Karen is pregnant and is sent away to a home for unwed mothers, as was often the case in that era. When their daughter is born in 1961, they see her only briefly before they are forced to give her up for adoption through the Lutheran Social Services agency.

Dennis wants to marry Karen, but her family won't have it, and he eventually joins the military service, moves away and gets married to someone else. Karen, too, starts her own family and assumes, as years roll by, that Dennis has forgotten all about her.

Yet, they both remember their love and refuse to forget the other, despite the passing of more than half a century.

In 2014, both of them now single, Dennis searches for Karen's name through LinkedIn, and finds her. After three months of phone calls, they meet in Minnesota, and days later they are finally married.

Think that's a pretty great love story? The Vinars haven't hardly gotten started.

They decide to try to find their baby, and finally reunite with 54-year-old Jean. After all those years they had never stopped thinking about her either.

The Vinars, along with Jean (Voxland), and her husband, Andrew Voxland, have written a book about their extraordinary journey. The book, "*How did you find me...After all these years?*" was published in November, 2017 by Mill City Press, Inc.

Meet the authors and hear more about the amazing circumstances of a love lost and found at these local library talks:

- Two Harbors Library Monday, March 18 at 6:30 tp 7:30 p.m.
- Silver Bay Library Tuesday, March 19th at 6:00 to 7:00 p.m.