



Cargill Cares Alumni



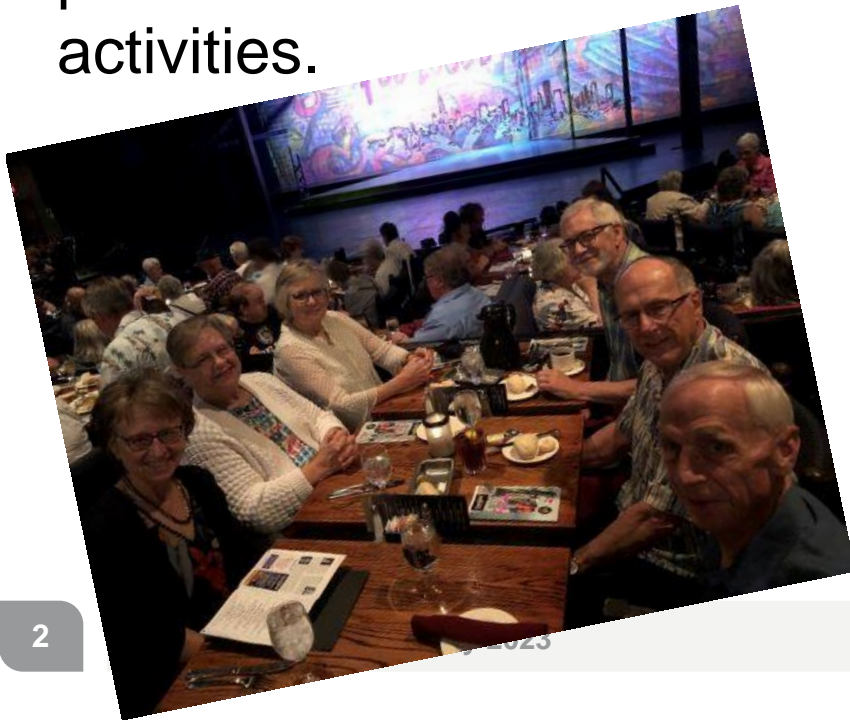
Alumni in Action: 1985 - 2023

Cargill Cares Alumni-Twin Cities

38 years of community involvement

Mission:

The purpose of the organization is to promote **volunteer efforts** that align with and support the Cargill vision and mission, plus promote **social** and **educational** activities.



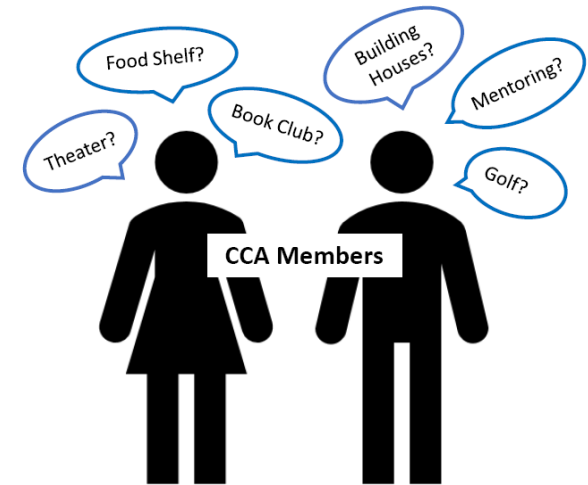
Cargill **Vanguard**

Cargill Financial Wellness Program
2022/2023 Webinar Schedule

CCA Benefits: Connections

What are you interested in?

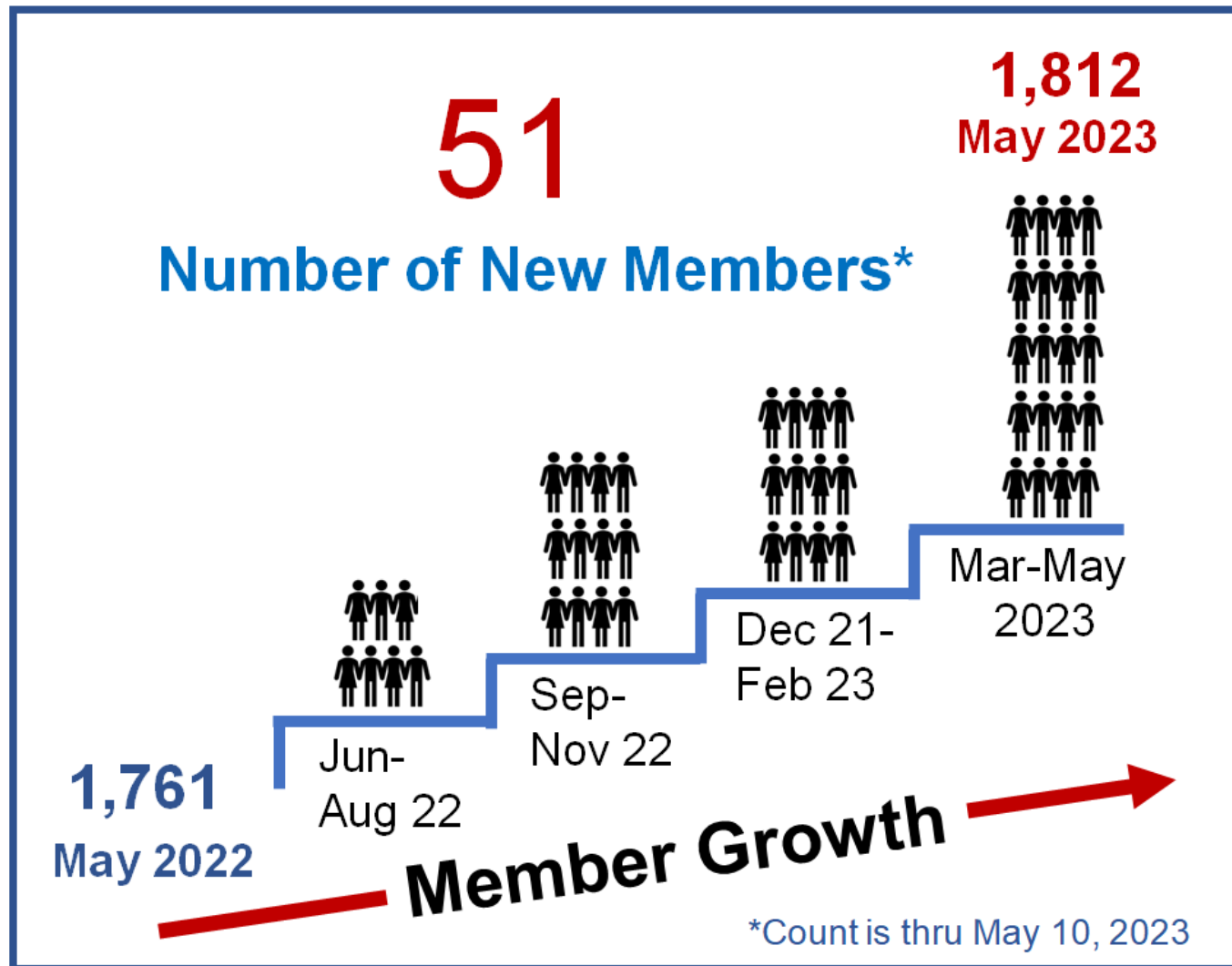
❑ The CCA helps Cargill Alumni (as well as spouses/partners) reconnect with prior coworkers and help make a difference in our community.



❑ CCA provides a structure for volunteer opportunities, plus educational and social activities.

❑ Costs nothing to belong, and is one of the best ways to make connections. Just get signed up and jump in when you see something of interest.

Membership is Growing



CCA Board Members



**President:
Phil Deeney**

CCA Board Members



Shirley Boyd
Volunteer Projects



Terry Garvert
New Projects



John Keefe
Social/Past President



Wayne Koester
Treasurer



Barb Kula
Communications



Mary Kurth
Recognition

CCA Board Members



Colleen Porter
Website



Ceal Regnier
Social Events



Julie Rothstein
Vice President



Tom Streit
Education



Bill Swift
Immediate Past Pres.



Jan Weisberg
Membership

CCA Support Team

Magic behind the scenes

CCA Admin Support

Debi Hruby

Mary Jo Woolf



Communications – all digital now

- Weekly CCA email announcements
- CCA Website
- Quarterly Newsletter/Latest News

Weekly CCA Announcements

Subject: CCA Announcement - Monday March 27, 2023

CCA Announcements - Monday, March 27, 2023

- Tap Connection
- Bridging
- Second Harvest Heartland

Tap Connection - Join us for some suds and fellowship at our [fo](#) 6 starting at 4 pm. We will meet at Excelsior Brewing in Excelsior,

Bridging Opportunities Reminder – Join the Bridging Team to buy site for families transitioning out of homelessness. The session w Connect/reconnect with Cargill employees and CCA members. C register and view the site map for the Roseville Bridging site. Sign up for Bridging on May 17, 1 – 3:30 p.m. at the Bloomington and more information.

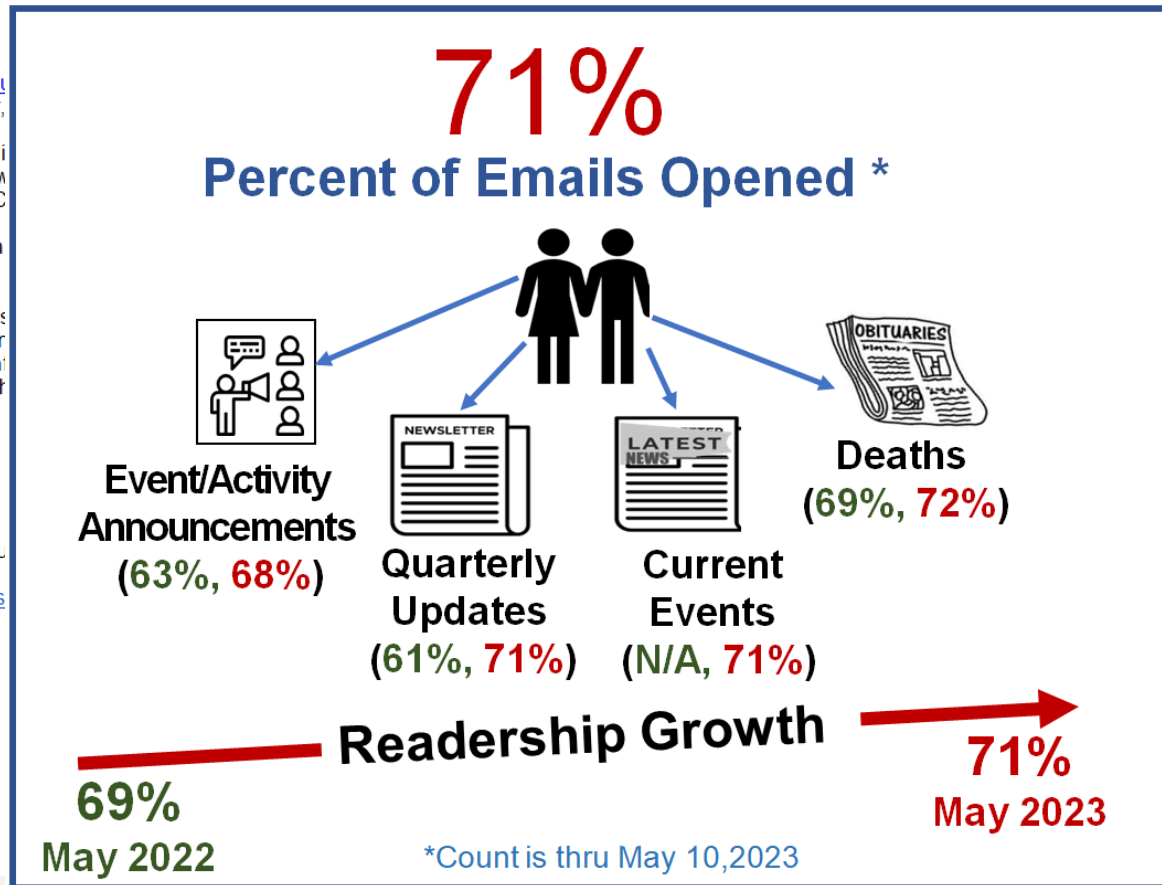
Second Harvest Heartland - Join us to pack donated commodities community. Located at their facility in Brooklyn Park. If you haver recently, click [here](#) to contact Julie Rothstein for initial sign up in! volunteer, click on the links below to sign up for a shift (or go to th website):

April 11th from 9-11 AM, click [here](#)
 April 18th from 9-11 AM, click [here](#)
 April 26th from 9-11 AM, click [here](#)

Click [HERE](#) to go to the Cargill Cares Alumni website. There you newsletters, etc.

All queries should be directed to the Alumni Office at [cargillcares](#) 952.742.6188 to leave a message.

The Communication Team sends weekly email notices



CCA Website

The screenshot shows the CCA website homepage. At the top is a blue navigation bar with links: Home, Event Calendar (circled in red), Latest News, NewsLetter, About CCA, and Member Access. Below the navigation bar is the Cargill logo and the text "Welcome to Cargill Cares Alumni". A green box contains the text: "We help former Cargill employees connect with other Cargill Alumni, enrich their active lifestyles and serve the communities in which they live. Membership is open to all former Cargill employees and their spouses/partners. Click to Join Us". To the right is a "Member Login" section with fields for Email and Password, a "Forgot password" link, and a "Log in" button. Below this are three columns: "Volunteer", "Connect", and "Learn". The "Volunteer" column features an image of people at a food service table and text: "Work with fellow Alumni on projects that help those in need and make a difference in the communities we live. Go to [Volunteer Projects](#) for details and schedules for each activity." The "Connect" column features an image of a group on a boat and text: "Join fellow Alumni in social activities such as theater performances, tours, and sporting events. View general info on our annual [Social Events](#)". The "Learn" column features an image of a presentation screen and text: "Update your knowledge on technology, health, financial and other current topics. View upcoming Cargill and Vanguard-sponsored [financial wellness webinars](#)". Below these columns is a text box: "View the [Event Calendar](#) for a full listing of events by month. CCA members are also encouraged to participate in Cargill-affiliated activities. Scheduled events are on CCA's Calendar and included in weekly CCA email announcements. Check the [Latest News](#) on the menu to view the most recent Newsletter and other news!". At the bottom are three sections: "Volunteer Opportunities" with two listings for "SECOND HARVEST HEARTLAND" (03/14/2023 and 03/21/2023), "Social Events" with a box for "General info on annual and upcoming events on the [Social Events](#) page" and a listing for "CCA BOOK DISCUSSION - BECOMING - MICHELLE OBAMA" (03/15/2023), and "Educational Events" with a box for "Save the Dates!! Click on the link to view upcoming Cargill and Vanguard-sponsored [financial wellness webinars](#)." and a listing for "View an informative seminar on Fraud/Scams".

Google - Cargill cares alumni

Click on the **Event Calendar** to keep up-to-date on CCA volunteer, social and education events.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29 9:00 AM Second Harvest Heartland	30	31 BestPrep eMentor Program - Spring Session (Reply by March 31)	Apr 1
2	3	4 9:00 AM Feed My Starving Children	5 9:00 AM The Food Group	6 4:00 PM CCA TAP Connections - Excelsior Brewing in Excelsior	7	8
9	10 1:00 PM Bridging - Dresser Build with Cargill Management Team	11 9:00 AM Second Harvest Heartland	12	13 11:30 AM Webinar: Retirement Income Planning	14	15
		Mock Interviews with Achieve Twin Cities				
16	17	18 9:00 AM Second Harvest Heartland	19 11:00 AM The Prom at Chanhassen	20	21	22
23	24	25	26 9:00 AM Second Harvest Heartland	27	28	29

CCA calendar

Color-coded by type of event.

Scroll forward to see what's coming up next!

Quarterly Newsletter/Latest News

New digital format on the website

Home Event Calendar **Latest News** Newsletter About CCA Member Access

Number, Percent of Newsletters Opened



Click on links below to read the newsletter articles.
Or click on [Spring 2023](#) Newsletter to view the full document.

Reconnect, Re-energize: After a pause due to COVID, reconnect at the 2023 CCA Annual meeting! Dave MacLennan, retired CEO of Cargill, is our keynote speaker. Click to read the [Feature article](#).

President's Corner: Phil Deeney -- click to [read more from Phil](#)

Use Your Skills to Address Hunger: No matter your education, work background or years of experience, all of our Cargill alumni have much knowledge and experience to offer! Partners in Food Solutions (PFS) offers opportunities to use your knowledge and experience in helping to reduce food insecurity, improve economic development and improve access to healthy food in Africa. *To learn more about this skills-based volunteering, click [here](#).*

Cloud Coach - eMentoring Program a hit: The winter session helped mentor Washburn High School students. Want to give students the benefit of your experience? The next program starts in April. Learn more [here](#).

Make Your Choices Known — Update your Member Profile: We will now be using CCA Member Profile information to understand your interest areas and target communication about activities that fit your profile. The profile takes only a few minutes to complete. Click [Profile](#) for the step-by-step process.

Almost Tee Time: Despite what you see outside, Golf Season is coming soon. Click [Golf](#) for more info.

Want to view past Newsletter? Members can log on and Click [here](#).

Cargill Cares

Alumni Newsletter
Spring 2023

Click link for more info on upcoming [Social Events](#)

Click [Volunteer Projects](#) for info on CCA activities. New opportunity at Bridging April 10. Click on [Dresser Build](#) for more info and to register for the event.

View upcoming education-
Cargill/ Vanguard webinars:
March 16 – [Women & Investing](#)
April 13 - [Retirement Income Planning](#)

Volunteer Opportunities



- CCA Sponsored Activities
- Supported Cargill/Foundation Events
- Independent Volunteer Activities

2022 Volunteer Hours > 14,500 Hours

71% of the hours reported are Independent Volunteer Activities!

Organization	CCA	IVA	Total
IVA - Other		8,876	8,876
Habitat for Humanity	2,065	17	2,082
Second harvest	970	271	1,241
CCA - Admin (Support/Board/Committees)	514		514
The Food Group	404	4	408
Partners in Food Solutions		328	328
Prepare+Prosper/AARP VITA		272	272
Feed My Starving Children	102	147	249
Bridging	37	130	167
Other Cargill/Foundation supported		115	115
Three Rivers Park District	11	95	106
Hope Academy	60		60
The Good Acre	58		58
Best Prep		56	56
CCA – Other	70		70
Grand Total	4,291	10,312	14,603

Report your volunteer hours!

- **Provides visibility to Cargill on the Alumni impact in our communities**
- **If you participate in CCA-sponsored events, the Project Leader reports your volunteer time**
- **For Independent Volunteer Activities email hours to CCA Admin for input**

Volunteers in Action

Addressing Food/Nutrition



Hunger into Hope with Your Own Two Hands

 Pack again soon! | fmisc.org | [#fmisc](https://twitter.com/fmisc)

Boxes Packed: 104
Meals: 22,464
Kids Fed For A Year: 61
Cost: \$5,391.36



The image shows a presentation slide with a white background and a gold border. At the top, it has the title 'Hunger into Hope with Your Own Two Hands' in a gold, cursive font. Below the title is a logo for 'Hunger into Hope with Your Own Two Hands' which consists of a stylized person holding a bowl. To the right of the logo is the text 'Pack again soon! | fmisc.org | #fmisc'. The main body of the slide contains four lines of text: 'Boxes Packed: 104', 'Meals: 22,464', 'Kids Fed For A Year: 61', and 'Cost: \$5,391.36'. On the left side of the slide, there is a small photograph of a young boy with dark hair, smiling and holding a white bowl filled with food. The slide is being presented in a room, as evidenced by the heads of several people in the foreground.



❑ **Focus:** Second Harvest Heartland is one of the nation's largest, most efficient and most innovative food banks.



CCA volunteers provided 1,241 hours of service this past year to process food for the needy



Quote from a SHH volunteer coordinator:

"CCA is one of our most consistent volunteer groups. Each week, our team knows to prepare for the 9-11 a.m. shift as CCA always comes ready to work! In 2022, CCA volunteered over 800 hours of service to Second Harvest Heartland."

Second Harvest's annual report highlights CCA volunteering; 3 times per month for 20 years





□ **Focus:** The Food Group is focused on using nutritious food to strengthen the community in 32 counties in Minnesota and Wisconsin.

The Food Group since 2008. In the past year, CCA volunteers devoted 408 hours to TFG



4/5/23
3560 #
2966 MEALS
211 /PERSON
kindly
make an impact in your community



- ❑ **Focus:** Feed My Starving Children provides nutritionally complete meals specifically formulated for malnourished children around the world.



CCA volunteers committed 249 hours to reduce the number of starving children throughout the world



The Good Acre – New CCA Project

- ❑ **Focus: Connect and strengthen farmers, food makers, and communities through good food.**



Off to a good start,
volunteers clocked
58 hours in 2022



The Good Acre



Addressing Housing/Home Security





- ❑ **Focus:** Habitat for Humanity provides affordable housing to families in need – CCA worked on this house in Chaska



CCA volunteers dedicated 2,082 hours to H4H in 2022, the most for any of CCA's scheduled projects



AARP 2022 Volunteer Award

CCA Member Roger Wherry – accepting the Award;
Roger has devoted an average of more than 500
hours/year to H4H





- **Focus:** Bridging reuses donated items to provide quality furniture and household goods to those transitioning out of homelessness and poverty.



CCA members spent 167 hours in 2022 to help people get basic housing needs



A combined team of 20 Cargill and CCA members built 28 dressers at the April Dresser Build!

Addressing Economic/ Education Issues



Partners in Food Solutions



PFS offers an opportunity to use your knowledge and experience in helping to reduce food insecurity, improve economic development and improve access to healthy food in Africa.

CCA members
devoted 328 hours
in 2022





CCA volunteers spent 60 hours to tutor students in preparation for the ACT college exam - in English, science, math and reading

- ❑ **Focus:** Hope Academy mobilizes educational, business and community leaders to achieve the goal of serving the children of Minneapolis with a remarkable education.

Best Prep – Cargill Foundation Org




Cargill & Washburn

Program Results * Winter 2023



Inspire. Educate. Connect.

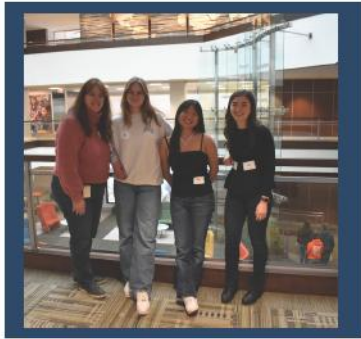
56 CCA hours
were devoted to
Best Prep in 2022

Program Impact
140 Students

110 Volunteers

1,809
Messages Sent

97% of Mentors
would participate
again


"I learned a lot about goal setting and how to work towards having the best future for myself. I got input from my mentor and it helped me get a new perspective on my interests."
-Washburn High School Student



CCA Members and Cargill employees used their experiences to e-mentor high school students



Prepare + Prosper AARP/VITA

Although it is not a CCA-sponsored Project, CCA members reported 272 hours this past year

- ❑ Focus: Combining the power of caring volunteers, certified training, and expert advice to assist in preparing tax returns – free to qualified applicants

PREPARE +
PROSPER

Addressing the Environment



LANDSCAPE ARBORETUM

Various activities, but includes annual tulip pull



- **Focus:** Three Rivers Park District promotes environmental stewardship through recreation and education in a natural resources-based park system.



CCA volunteers
spent 106 hours
maintaining trails in
2022

Other Cargill Options to Explore

- **United Way Action Day – Fill student backpacks**
- **Achieve Minneapolis**
- **Junior Achievement – Biz Town**
- **Friends of the Mississippi River**
- **Shiloh Food Shelf**



Watch for these and other opportunities in the weekly CCA Announcements!

Social Events

Chanhassen Dinner Theater

– June 2022



Chanhassen Dinner Theater

– April 2023



Twins Baseball

June 2022



Saints Baseball

July 2022



Hudson, WI River Cruise – August 2022



Once Upon a Mattress – October 2022



Old Log
THEATRE



Tap Connections

Started in January – first Thursday of the month at 4:00 p.m. – check the CCA calendar for updates

The social gathering fosters conversation, laughter and connections.



CCA Book Club – 3rd Wednesday (usually)

A variety of topics, genres, time periods

Discussions
via Zoom
(poor weather)
or public
library



Upcoming 2023 Social Events

SUMMER 2023

- Twins Game – June
 - Saints Game – July
 - Paddleford River tour – September
-

FALL 2023

- Old Log – October – highly acclaimed “Million Dollar Quartet”
-

WINTER 2024

- Chanhassen – April
-

SPRING 2024

- CCA Annual Meeting – May
-

MONTHLY

- Tap Connections – First Thursday
 - Book Club – Third Wednesday (usually)
-

CCA Book Club

Members expanded reading horizons via monthly book discussions; on Zoom during winter, in person in the fall.

Here's the next books in the line-up:

June – [The Carnegie Maid](#) by Marie Benedict

July – [The Senator Next Door](#) by Amy Klobuchar

August – [Unbroken](#) by Laura Hillenbrand

September – [Dead Wake: The Last Crossing of the Lusitania](#)
by Erik Larson

October – [Nothing More Dangerous](#) by Allen Eskens

November – [The Body in the Transept](#) by Jeanne M. Dams

Tap Connections

Upcoming schedule:

June 1 at Utepils Brewing Co.in Minneapolis.
Check out their website for more information - [Utepils Brewing - Good Living Comes From Good Brewing](#)

July – Holiday break

August – TBA – Western suburbs

Golf/Bowling



- CCA Golf schedule started in April
 - ✓ Thursdays at 10:00 a.m. – various courses
 - ✓ Check the website for details; or Contact Joe Fournier
- Cargill Golf League
 - ✓ Brookview, Mondays 5:30 p.m. May 1 – August 31
- Cargill Bowling
 - ✓ September - March

**With a roster of nearly 100,
CCA golfers tee off on
Thursday mornings at 10:00
a.m.; Annual Golf Tournament
is August 3, 2023**



**The Cargill League started
bowling in September. It
is a mixed team of Cargill-
affiliated bowlers – men
and women**

CCA Golf



Education Seminars

CCA Sponsored Seminars in 2022

Medicare Changes
October

Fraud Seminar
November

Via Benefits
provided info on
how to prepare
for the 2023
Medicare
changes

The Hennepin County
Attorney's Office presented
an excellent virtual seminar
on Protecting Yourself from
Fraud

How to
Spot Fraud



PRETEND: Fraudsters pretend to be from a credible organization



PROBLEM OR PRIZE: Fraudsters will say you're in trouble or won big



PRESSURE: Fraudsters will push you to act immediately



PAY: Fraudsters will insist that you send money through digital means, gift cards, or checks to avoid meeting in-person

Education – 2022-23

Cargill Vanguard offered informative online seminars

Monthly Topics:	
June	Investing in Volatile Markets Protect Your Financial Data
July	Timeline to Retirement
August	Learn About Social Security
September	Medicare
October	Health Savings Accounts
November	Understanding Your Cargill Retirement Benefits
December	Is Roth Right for You?
January	Budgeting and Debt Management
February	Estate Planning Basics
March	Women & Investing
April	Retirement Income Planning

Upcoming Education Seminars

CCA Sponsored Seminars:

- June – Fraud Prevention (Hennepin County)
- October – Medicare Changes for 2024 (Via Benefits)



Financial Wellness Seminars:

2023 -2024 Schedules will be posted on the CCA Website – and watch the weekly announcements

CCA is Your Organization

Reconnect

Re-engage

Come on Back!

Contact us:

cargillcaresalumni11@gmail.com

952-742-6188

View website:

cargillcaresalumni.wildapricot.org



Helping the world *thrive*