

# Have you read any good books lately?

By Bev Youness

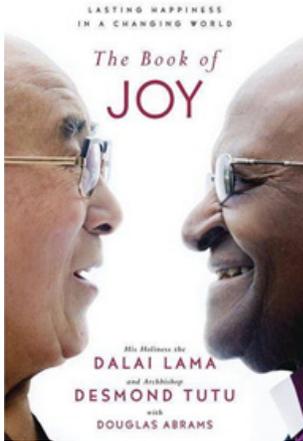
In our individual lives, in our country and in our world it is sometimes difficult to find joy in every day life and searching for it may be challenging for many. Joy is an important emotion to me personally and I'd like to share my thoughts about a particular book I read a number of years ago now. It's called *The Book of Joy: Lasting Happiness in a Changing World*. This book is coauthored by the Nobel Peace Prize Laureates Tenzin Gyatso, the 14th Dalai Lama, and Archbishop Desmond Tutu.

## About the Authors:

His Holiness the 14th Dalai Lama, Tenzin Gyatso, describes himself as a simple Buddhist monk. He is the spiritual leader of the Tibetan People and of Tibetan Buddhism. He was awarded the Nobel Peace Prize in 1989 and the US Congressional Gold Medal in 2007. Born in 1935 to a poor farming family in northeastern Tibet he was recognized at the age of two as the reincarnation of his predecessor, the 13th Dalai Lama. He has been a passionate advocate for a secular universal approach to cultivating fundamental human values. For over three decades the Dalai Lama has maintained an ongoing conversation and collaboration with scientists from a wide range of disciplines, especially through the Mind and Life Institute, an organization that he co-founded. The Dalai Lama travels extensively, promoting kindness and compassion, interfaith understanding, respect for the environment, and, above all, world peace. He lives in exile in Dharamsala, India.

Desmond Mpilo Tutu, Archbishop Emeritus of Southern Africa, became a prominent leader in the crusade for justice and racial reconciliation in South Africa. He was awarded the Nobel Peace Prize in 1984 and the Presidential Medal of Freedom in 2009. In 1994, Tutu was appointed chair of South Africa's Truth and Reconciliation Commission by Nelson Mandela, where he pioneered a new way for

conflict and oppression. He was the founding chair of The Elders, a group of global leaders working together for peace and human rights. Archbishop Tutu is regarded as a leading moral voice and an icon of hope. Throughout his life, he has cared deeply about the needs of people around the world, teaching love and compassion for all. He lives in Cape Town, South Africa.



Douglas Abrams is an author, editor, and literary agent. He is the founder and president of Idea Architects, a creative book and media agency helping visionaries to create a wiser, healthier, and more just world. He is also the co-founder with Pam

Omidyar and Desmond Tutu of HumanJourney.com, a public benefit company working to share life-changing and world-changing ideas. Doug has worked with Desmond Tutu as his cowriter and editor for over a decade, and before founding his own literary agency, he was a senior editor at HarperCollins and also served for nine years as the religion editor at the University of California Press. He believes strongly in the power of books and media to catalyze the next stage of global evolutionary culture. He lives in Santa Cruz, California.

# Cargill Cares

## Alumni Newsletter Spring 2020

It's interesting to note the collaboration for this book took place over just a seven day period, back in 2014, at the residence of The Dalai Lama in Dharamsala, India.

## Key Lessons from "The Book of Joy"

- The Nature of Joy
- The Obstacles to Joy
- The Eight Pillars of Joy\*
  - 1) Perspective
  - 2) Humility
  - 3) Humor
  - 4) Acceptance
  - 5) Forgiveness
  - 6) Gratitude
  - 7) Compassion
  - 8) Generosity

Hopefully this short review has peaked your interested and will encourage you to send name(s) of your favorite book(s) to our CCA Office at: [CargillCaresAlumni@cargill.com](mailto:CargillCaresAlumni@cargill.com).

### Community Service Hours Submitted in Spark\*\*

Organization	FY 2017-19 Avg 3 FYs	June 2019 - Dec. 2020
Independent Volunteer Activity	11,315	6,368
Second Harvest	1,970	1,328
Habitat for Humanity	2,059	928
CCA - Support	1,881	793
Feed My Starving Children	411	310
The Food Group	388	153
Bridging	282	118
Sandwich Project	195	102
Hope Academy	270	139
Salvation Army Bell Ringing	163	-
Prodeo Academy	88	32
Three Rivers Park	41	25
Cargill Event	10	56
Other CCA	324	38
	<b>19,397</b>	<b>10,390</b>

Reminder: the data above represents CCA's level of community engagement. Please sign into Spark and input your volunteer hours. If you are having trouble logging in, you can send your information to CCA admin and they will enter it for you. Include volunteer organization and hours by month and year.



countries to move forward after experiencing civil



## Save The Date CCA Annual meeting Tuesday, May 5, 2020

Save the date for our 2020 CCA Annual Meeting on  
Tuesday, May 5th at the Cargill Office Center.

The day will begin with coffee, fellowship and a volunteer fair at 9am. The meeting will be from 9:30 -11am in the Cargill Office Center Auditoriums. Alumni who have taken leadership roles in our organization, as volunteer project coordinators and office administrators, will be recognized. A Cargill executive will present a review of Cargill's fiscal highlights from 2019 and the corporation's goals for the current year.

### PRESIDENT'S CORNER

By John Keefe

As I write this, here in Minnesota we are experiencing low temperatures in what has been a quite mild winter in comparison to most. The mostly cloudy quarter didn't stop CCA from staying on top of our goals.

In December the Board had a Recognition Luncheon for all the Administrative Staff and Project Leaders. At that time, we introduced our new software package, entitled "Wild Apricot." With anticipation of the official roll out, you may have noticed some changes already in place. We've incorporated parts of the new system to send personalized announcements and email reminders.

As your Board President, I enjoyed spending a day at Habitat for Humanity, working on my home repair skills. I attended the MN Keystone event (at Cargill) and Momma Mia (at Chanhassen). Also, I am a Cloud Coach for a 9th grader at Washburn High School. Just getting set to send my 3rd email to him. I have a very engaged student. I highly recommend being a Cloud Coach.

As always, if you have any suggestions for additional volunteer opportunities, social events or educational seminars, please contact one of the board members. Also, if you are interested in helping as editor of the newsletter, serving on the board, leading a project, or helping plan an educational seminar, let one of us know. Remember we are here for all of you.

Have a great Spring!

John Keefe

CCA President 2019-2020

## Is Hope Academy the Answer to Minnesota's Achievement Gap?

By Mike Lily

Minnesota former Supreme Court justice Alan Page and Federal Reserve President Neel Kashkari have proposed a constitutional amendment in an attempt to narrow Minnesota's education achievement gap.

Hope Academy's results may point to a solution to this problem.

Hope Academy in Minneapolis is a private-faith-based school with a diverse student body that is overwhelmingly minority with families living near the poverty line. Attorney Andy Brehm suggests that vouchers and open enrollment are workable solutions, and Brehm cites Hope Academy's success.

Sixty-five percent of Hope students test at or above grade level and 98% graduate. Public schools in Minneapolis test at only 26%, and only 62% of minorities graduate. The cost per student in Minneapolis public schools is \$24,500 compared with Hope Academy cost of \$15,500.

So, what is CCA role in Hope students' success? Cargill Alumni work with high

school juniors and seniors preparing for the ACT College Placement exams. By practicing for the tests, students improve their language, math, science and reading

comprehension skills. They also score higher on College placement tests leading to post-secondary education and scholarships.

**Cargill's Alumni  
are working to help  
make it happen.**

Average percentile increases that CCA-tutored students obtained in their ACT scores from Pre-ACT test scores are as follows:

English	25.7 %
Math	12.3 %
Reading	5.6 %
Science	15.0 %
Composite	15.6 %

In 2019, CCA members volunteered a total of 199 hours. CCA members tutor three times a year – one day per week for approximately 8 weeks in spring and fall and 4 days per week for 4 weeks in the summer. If you are interested in helping, please contact Mike Lilly @ michaelilly00@gmail.com or call him @ph: 763/546-9665.

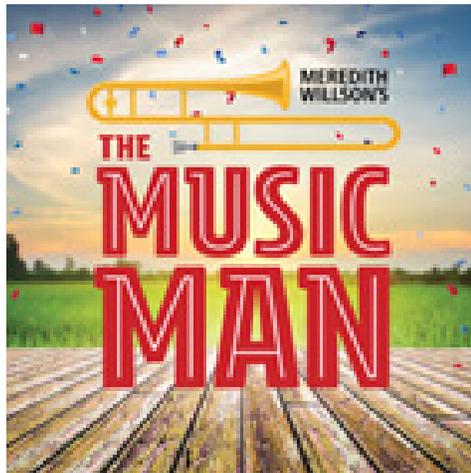
# CCA Music Lovers: Mark Your Calendars

For....

## “Music Man” at the Chanhassen Dinner Theatre

March 18 – 11:00 a.m. Lunch seating followed by play at 1:00 p.m

The citizens of River City have got trouble... That’s a capital T, that rhymes with P and stands for “Professor” Harold Hill. He’s a charming, fast-talkin’ traveling salesman who goes city to city starting youth marching bands. Hill promises to teach the kids and raises the money to purchase the instruments and uniforms. There’s just one person who can’t tell the difference between a trombone and a treble clef – Professor Hill. Everyone is simply enamored by Professor Hill, everyone except for the suspicious town librarian, Marian Paroo.



the town parlor. Shinn, incensed, begins an investigation into Professor Hill’s true credentials. Marian sees right through Professor Hill’s marching band scheme.

She’s ready to tell Professor Hill off until she sees her self-conscious little brother, Winthrop, shed his shyness when he picks up a shiny, new cornet. The trouble really begins when Marian’s heart beats a little faster for Professor Hill.

Get into a little trouble with Meredith Willson’s five-time Tony Award-winning

musical featuring the unforgettable songs “Seventy-Six Trombones,” “Ya Got Trouble,” “Wells Fargo Wagon” and “Till There Was You.” Don’t miss this classic, all-American musical for every generation.

On a campaign to rid River City of the impending demise of their youth, Professor Hill condemns a variety of activities – including Mayor Shinn’s new pool table in

# Spring is in the Air!

There’s still plenty of snow on Target Field, but the TWINS have reported for spring training, the excitement



has begun and we are anticipating a great season for our boys of summer! Mark your calendars now for our CCA event. We begin with a behind the scenes tour with the MN Twins Archivist. For those of you who have participated in the past, this tour will differ from previous years. Then we’ll sit back, relax and enjoy watching the Twins take on the Tampa Bay Rays.

Tuesday night, June 2



Later in the summer, we will be going to CHS field to see the St. Paul Saints take on the Gary SouthShore RailCats. A night at CHS field is always a fun time and provides plenty of entertainment!

Tuesday, July 14

Invitations for these two baseball events will be sent by broadcast email around the first of April. Watch your inbox or check the CCA website for updates. Hope to see you there!

### John Keefe, President | Bev Youness, Editor\*\*

The CCA newsletter is published quarterly in spring, summer, fall and winter, and is distributed to Cargill retirees and other alumni throughout the Twin Cities metropolitan area. Submit items of interest to the CCA office (Corporate Affairs/50).

For additional information about CCA volunteer opportunities, social events and educational opportunities, view the CCA on the website: [CargillCaresAlumni.com](http://CargillCaresAlumni.com).

### CCA – TC Board

Shirley Boyd	Gene Gross	Mary Kurth	Bill Swift
Dave Braden	Connie Hauswirth	Colleen Porter	Terri Tapper
Phil Deeney	Greg Hehman	Ceal Regnier	Bill Trunnell
Terry Garvert	John Keefe	Tom Streit	Janice Weisberg

### Alumni E-Mail Directory

If you are not currently receiving email updates from the Cargill Cares Alumni office and would like to be added to the CCA Email Directory, please call the CCA office at 952/742-6188 or send your name and email to [CargillCaresAlumni@cargill.com](mailto:CargillCaresAlumni@cargill.com).

HR Direct – 1-877-366-9696

**\*\*Bev Youness will be stepping down as editor upon completion of this Spring 2020 issue. If you are interested in becoming our next CCA newsletter editor please contact our office. She will be happy to meet with you regarding the processes involved. Thanks for considering.**

### In Memory

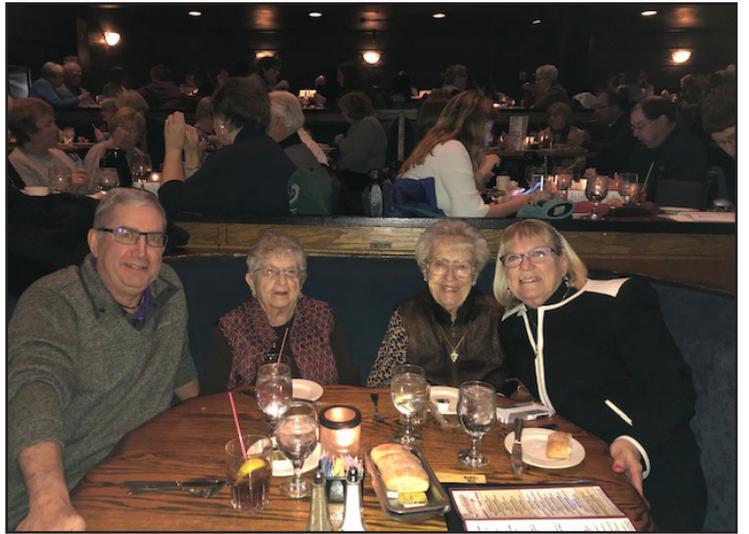
- Stephen R. Larson, 71, 32 years at Cargill
- David O. Wentzell, 98, 41 years at Cargill
- Brian Foltz, 78
- Laurie (Voigt) Langfeldt

# CCA Enjoying “Mamma Mia”

Despite weather forecasts of six inches of blowing snow, 60 Cargill alumni and guests braved the journey to Chanhassen Dinner Theater on January 15 to enjoy fellowship, dinner and the show, “Mamma

Mia.” Although some had already seen this show during its long run, all agreed that it was a wonderful performance and maybe the actors had performed even better as the show neared the end of its run.





# Prodeo Academy

By Dave Braden

You Never Know...

While not strictly true, one of the joys of volunteering at Prodeo Academy is that we're never quite sure what tasks we'll encounter when our small, committed team of CCA volunteers walks through the door at the downtown Minneapolis public charter school on the last Wednesday morning of each month.



First, a bit about Prodeo Academy. Founded by Rick Campion and Chancey Anderson in 2011 after two years of intensive study of best practices nationally, Prodeo (which in Latin means "go forward") began welcoming underserved youth in the Twin Cities, starting with a single kindergarten class. Since then, Prodeo has added a class every year and now offers Pre-K through 6th grade, ultimately reaching capacity at 8th grade. Prodeo's core values spell PRIDE with: **Perseverance, Respect, Integrity, Development, and Engagement.** The curriculum stretches students and appropriate behavior is modeled and expected in an overall joyful learning environment. Prodeo stresses partnership with parents, and makes extraordinary effort in that often-challenging effort.

CCA was first invited to participate in early 2015 as tutors for their young students. This vital endeavor entails working with groups of 2-3 students for a couple of hours helping them read and do simple math problems. From that, we somehow gravitated to more administrative support team (as described below), though Prodeo continues to seek tutors who can commit a few hours each month.

Currently, our CCA volunteer team does whatever Prodeo teachers need! And that is why We Never Know what might come up. Among tasks to date: constructing bulletin board and wall displays in the halls; photo-

copying/ cutting out/ laminating (lots of laminating!) teaching materials; determining and marking books by reading level; making paper crowns for end-of-year graduation events; sorting and alphabetizing files; assembling furniture and organizing storage rooms; and even, one snowy day, repairing outdoor playground equipment.

We find great satisfaction in even the most mundane of these tasks because we know that every hour we spend is an hour the committed, overworked teaching staff doesn't have to devote in their spare time. In 2018, even as a small group, we saved the Prodeo teachers almost 90 hours. We bask in the often-expressed gratitude of the Prodeo staff.

Unfortunately, the previous and current Prodeo buildings' limited space can accommodate only a small team of 4-6 CCA volunteers. We expect that to change with the exciting opening of a brand new facility next fall on University Avenue in Northeast Minneapolis. In the meantime, let me know if you have interest in becoming involved. We do need a few replacements for our winter snowbirds! And, remember, tutors are always needed! Reach out to me too if you are interested in tutoring and I can connect you with the right people at Prodeo.

Dave Braden



## Calling All Chocolate Lovers

On Wednesday, June 17, CCA will venture to the St. Croix River Valley for shopping and chocolate tastings. We will begin with shopping in Afton and touring the historic Afton House Inn, overlooking the St. Croix River Valley.

Our chocolate tasting will be at three different bed and breakfast inns. At our first stop, we will enjoy lunch at The Wheel Room and top it off with chocolate tasting. We will then venture to the Phipps Inn, an 1884 Victorian mansion, enjoy the building design and amenities and partake in a second chocolate tasting.

We will head to the Outing Lodge at Pine Point for our third and final chocolate tasting in a stately European county home of the 19th century, situated on 360 acres of wooded rolling farmland. We will have time to enjoy the architecture of the lodge and the simplicity of the historic building.

Registration for this event should be open around April 1. Watch your email inbox or check the CCA website for updates.



# Bridging – Helping Keep Fran’s Memory and Mission Alive

Fran Heitzman, founder of Bridging, died January 11, 2020 at age 94 after a short illness. After retiring from two businesses, Fran was soon volunteering as a maintenance man for Pax Christi Church in Eden Prairie. It was there that Bridging was born. A woman arrived at the church with a crib she hoped to donate. Pax Christi didn’t need it, but Heitzman knew someone would. After calling around to some social services agencies, he set out to create his own **bridge** between those in need and those with excess.

Heitzman grew up in Bloomington during the Great Depression and remembers his mother’s propensity for sharing what little his family had, even the potatoes they collected from a nearby field were split among people who came by. That giving spirit stayed with him. He once gave away a church stove to a family that didn’t have a way to cook. He also took silverware from his own kitchen to bring to families shopping at Bridging. Fran once said, “I equate success with how many kids will have a bed to sleep in tonight. That’s the greatest legacy I could leave behind.”

Bridging now operates out of warehouses in Bloomington and Roseville. Through the reuse of donated items, Bridging improves lives by providing quality furniture and household goods to those transitioning out of homelessness. Bridging serves more than 4,500 households annually. The average value of the home furnishings and essentials provided to a family is \$1,800 (thrift store value). More than half of the individuals served are under the age of 17 and 87% of clients have a household income of less than \$20,000/year.

Since its founding in 1987, Bridging has helped 95,000 households each year.

Bridging Project Lead, Gene Van’t Hof had this to say about Fran’s passing, “Although Jan 11, 2020 was sad day at Bridging, it’s also a celebration of a life who helped and touched so many! Cargill volunteers knew Fran well at Bloomington. He rode his scooter, with a sign that read “Founder Fran”, around the warehouse and occupied his favorite seat by the warehouse door. Bridging was his life. Fran will be missed but his legacy will live on. I’ve learned there are now many household goods assistance programs in the US. Many of them, to Fran’s credit, mimic his Bridging model. And none help more families, annually, than Bridging.”

Today, Bridging has 5,000 volunteers who give more than 75,000 hours to carry out Heitzman’s mission. CCA volunteers provided 241 of those hours in 2018. CCA volunteers have worked at both warehouses but now focus their time at the Bloomington warehouse. CCA volunteers prepare donated items for use by needy families (sort and put silverware, dishes and bedding sets together, assemble dresser kits and clean furniture before client pickup), load and unload trucks, and whatever else needs to be done.

If you are interested in being a volunteer at Bridging, please contact Gene Van’t Hof @ [gvanthof@comcast.net](mailto:gvanthof@comcast.net) or call him @ 612/877-0533.

This photo represents the furnishing and essentials a typical family might receive. Clients are referred from 150 agencies, which help them plan what they need. Once approved, the clients “shop” at Bridging.



## Springtime in Faribault

On Wednesday, April 22, CCA will journey south to Faribault for the day. We will begin with a tour of the Faribault Woolen Mill. The mill dates to the Civil War and was closed after collapsing into foreclosure in 2009. Chuck and Paul Mooty, from the Twin Cities, have saved from extinction the country’s last mill turning raw wool into finished blankets. Faribo Blankets has been a purveyor of quality wool, wool blankets, and wool products since 1865. They are manufactured entirely in the United States of America in the mill that resides on the banks of the Cannon River in Faribault, MN. After the tour, we will be able to shop for a wide range of woven goods in the company store.

We will head to the Depot Restaurant for lunch, then we are off to the Cheese Cave retail store and learn about the Caves of Faribault, the only US cheese maker still curing and aging blue cheese exclusively in caves.

Our next stop will take us to the Donahue Greenhouse where they grow the largest selection of clematis in the country. With over 25,000 square feet of indoor retail space, we are sure to find something that will enhance our flower gardens or indoor flower stands.

Registrations for this bus trip event are due by Friday, March 20. Forms are available on the CCA website, or you can contact Ceal Regnier at [ceal2987@gmail.com](mailto:ceal2987@gmail.com) for a form. If you have questions, please text or call Ceal at 612-309-5164.

# Junior Achievement Biz Town

Since 1992, Cargill has provided more than \$1.3 million USD to Junior Achievement of the Upper Midwest. Most recently, On December 10, 2019 and January 31, 2020, Cargill Cares Alumni and a group of current employees volunteered at “BizTown,” a 12,000 square foot simulated city located at the St. Paul headquarters. Cargill has a storefront and students receive roles such as Lab Scientist, Accountant, and Corporate Responsibility Liaison and interact with the other businesses in this simulation city. By working in one of 18 JA BizTown shops, students learn what it takes to run a successful business, manage a debit card and checking account, and work as a team. Volunteers are paired with small groups of students to help them make important business and personal finance decisions in their assigned JA BizTown shop.

Each year, more than 150 employees and retirees from Cargill volunteer with Junior Achievement of the Upper Midwest. Other annual opportunities include “JA in a Day” where volunteers are assigned a lesson to teach students with a small group of other volunteers. If you are interested in participating in any Junior Achievement activities, please reach out to [Lindsey\\_Kaufmann@cargill.com](mailto:Lindsey_Kaufmann@cargill.com) for more information.



## AchieveMpls Mock Interviews

**AchieveMpls is a partner organization of the Cargill Foundation**

Volunteer to help students with interviewing skills. Students take classes specific to interviews in advance of the time you would have the mock interview with them.

**Date:** 4 date options, March 23-26, 2020

**Time:** 4:45 – 6:15 pm

**Location:** Minneapolis Convention Center

**Sign up and more details:** <https://cargill.benevity.org/volunteer/3669>



• *Michelle Grogg, VP Corporate Responsibility and Executive Director of the Cargill Foundation, is a board member of AchieveMpls. The Cargill Foundation has provided more than \$17.4 million to AchieveMpls since 2001. Recent projects include support for the College and Career Centers, AVID, and STEM programming.*

# CCA – FMSC NW Metro Mobile Pack

ON February 20, 19 alumni and their guests participated in a FMSC Metro Mobile Pack at The Egan Company Warehouse in Champlin. FMSC (Feed My Starving Children) has three packing sites in the metro area - Coon Rapids, Chanhassen and Eagan. However, there are communities and organizations all over the state who want to volunteer to pack meals, but are not able to get to these sites. To meet this need, FMSC provides “mobile pack” opportunities and brings the packing materials and supplies to the volunteers.

The first mobile pack of 2020 was the Northwest Metro Mobile Pack. While each mobile pack sets its own goals, the Northwest Pack set of goal of 5,000 volunteers to pack one million meals over the five days of the pack, February 19 - 23. The CCA helped the NW Metro Pack exceed its goals for this year, packing a total 1.253 million meals. We were once, again, blessed to have noted Cargill alumni Dick Fulmer packing along side of us. Dick has a long association with FMSC, dating back to 1987 and the creation

of the meal formula, serving alongside colleagues from General Mills and Pillsbury to determine the optimum packaging and transportation; and then volunteering hundreds of hours, coming back on a regular basis to pack meals for starving children around the world.

If you missed this NW Metro pack and are interested in participating in a FMSC packing event, please join us on Wednesday, April 15th from 9:30 – 11:30 am at the Coon Rapids warehouse, 401 93rd Ave. NW in Coon Rapids. We hope to see you there. If you plan to participate or have questions, please contact Larry Knutson at larryknut-





**Cargill Cares Alumni**  
**MS 50**  
**Box 9300**  
**Minneapolis, MN 55440**  
**CargillCaresAlumni@cargill.com**  
**952/742-6188**

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### **CCA Events:**

Contact the Cargill Cares Alumni admin office for more information at 952-742-6188 or email [CargillCaresAlumni@cargill.com](mailto:CargillCaresAlumni@cargill.com).  
View the full calendar and find additional event information, project descriptions and registration forms at [cargillcaresalumni.com](http://cargillcaresalumni.com)

### **Upcoming Events:**

#### **Hope Academy**

Thursdays through April 2 – 8:45 – 9:45 a.m., 2300 Chicago Ave., Mpls. Contact Mike Lilly at [michaellilly00@gmail.com](mailto:michaellilly00@gmail.com)

#### **Chanhassen – Music Man**

March 18 – 11:00 a.m. Lunch seating followed by play at 1:00 p.m.

#### **Feed My Starving Children**

March 23 – 9:30-11:30 a.m. at the Coon Rapids site, 401 93rd Ave. NW. Contact Larry Knutson at [larryknutson@hotmail.com](mailto:larryknutson@hotmail.com)

#### **Springtime in Faribault**

April 11 – 8:45 a.m – 4:15 p.m. Bus pickup at Cargill EC, Hopkins. Tour the woolen mill, have lunch at Depot Restaurant and visit Cheese Cave. Contact [cargillcaresalumni@cargill.com](mailto:cargillcaresalumni@cargill.com)

#### **363 Sandwich Project**

April 17 - 9:00 – 11:00 a.m., Prince of Peace Church, 7217 W. Broadway, Brooklyn Park. Contact Eugene Becker at [eugene.becker@comcast.net](mailto:eugene.becker@comcast.net)

#### **CCA Annual Meeting**

Cargill Executive updates us on the business; chance to meet, learn and mingle; May 5, 9:30 – 11:30 a.m. Office Center Auditoriums

#### **363 Sandwich Project**

June 19 - 9:00 – 11:00 a.m., Prince of Peace Church, 7217 W. Broadway, Brooklyn Park. Contact Eugene Becker at [eugene.becker@comcast.net](mailto:eugene.becker@comcast.net)

### **Ongoing Events:**

#### **Bridging**

201 W. 87th St., Bloomington, 4th Tuesday of each month 12:30 - 3:30 p.m. Contact Gene Van't Hof at [gvanthof@comcast.net](mailto:gvanthof@comcast.net)

#### **The Food Group**

8501 54th Ave. N. New Hope, 1st Wed. each month 9:00 - 11:00 a.m. Contact John Tschumperlin at [tschump@aol.com](mailto:tschump@aol.com)

#### **Habitat for Humanity**

Various sites, second Tuesday and fourth Wednesday. Contact Tom Sasman at [tomsasman@gmail.com](mailto:tomsasman@gmail.com) or Mike Lilly at [michaellilly00@gmail.com](mailto:michaellilly00@gmail.com)

#### **Second Harvest Heartland**

7101 Winnetka Ave. N., Brooklyn Park, 2nd and 3rd Tuesday 9:00 a.m. – noon; last Wednesday each month 9:00-11:00 a.m. Contact Joe Fournier at [fournier\\_joe@hotmail.com](mailto:fournier_joe@hotmail.com)

#### **Prodeo Academy**

September through May, last Wednesday of the month, 9 a.m. – 12:00 p.m. Contact Dave Braden at [dbbraden@gmail.com](mailto:dbbraden@gmail.com)