

Recipe - Pasta with Tomato and Red Pepper Sauce

Adding a sweet vegetable like red pepper gives a wonderful flavor and great texture to tomato sauce. Bonnie Stern – The Best of HeartSmart Cooking

Makes 6 to 8 servings

1 tbsp (15 mL) olive oil
1 onion, chopped
2 cloves garlic, finely chopped
Pinch hot red pepper flakes
1 ½ lb (750 g) tomatoes, peeled, seeded and chopped
(6 to 8 plum tomatoes)
4 sweet red peppers, roasted, peeled, seeded and chopped
Salt and pepper to taste
1 lb (500 g) whole wheat or regular penne
¼ cup (50 mL) grated Parmesan cheese, optional
¼ cup (50 mL) shredded fresh basil or chopped parsley



1. Heat oil in a large, deep non-stick skillet on medium heat. Add onion, garlic and hot pepper flakes. Cook gently for 5 to 8 minutes, or until tender and fragrant.
2. Add tomatoes and peppers. Cook for 5 to 10 minutes, or until tomatoes cook down and become juicy. Add salt and pepper.
3. Meanwhile, cook pasta in a large pot of boiling water until tender but firm. Drain well and add to skillet with sauce. Toss well with Parmesan and basil. Taste and adjust seasonings if necessary!

Per Serving:

Calories 320	Fibre 9 g
Protein 12 g	Sodium 12 mg
Fat 4 g	Potassium 445 mg
Saturates 1 g	Excellent: Vitamin A; Vitamin C
Cholesterol 0 mg	Good: Niacin; Vitamin B6; Folate
Carbohydrate 65 g	

In the interests of saving our donor dollars, in 2010 we will be sending the Volunteer Voice to you electronically, when you provide us with your email address. We will also have it posted on the website and have copies available in all Area Offices. This will reduce our paper and mailing costs. **If your preference is to receive this publication electronically, please send an e-mail to Irene Loughran at iloughran@hsf.bc.ca.**

February 2010

Happy Heart Month!



February is Heart Month, the busiest month of our year, and there are hundreds of volunteers all around our Province and the Yukon working hard to make sure that it is a big success. Our **2009 Heart of Gold recipient, Ursula Flecter**, is one of them.



Our 2009 Heart of Gold Award recipient has dedicated 14 years of her life and thousands of hours to the Okanagan Kootenay Area office of the Heart and Stroke Foundation.

Ursula Flecter truly has a heart of gold. She jumps at the chance to lend a hand, whether it be through compiling 30 years of volunteer data, or delivering Person to Person kits throughout the Okanagan.

In 2007 she was our top fundraising captain, generating over \$15,000 in door to door revenue. And in during Heart Month 2009 Ursula engaged the efforts of a local business man and generated almost \$19,000 in revenue through the planning of a third party "Take the Stairs" corporate event.

Working through her own health challenges and providing care and support for her husband, Gunter, in his recovery as both a stroke survivor and heart patient, we are thankful for the hours she commits to our cause, the spirit she brings to our team and the dedication she displays toward improving the lives of those in her community.

The Heart of Gold Award is the Heart and Stroke Foundation's highest formal volunteer honour, and only one HSFBCY volunteer receives this award each year.

What is a Skookum?

The word skookum has many meanings including excellent, capital, champion, dandy, first class, first rate, etc. In this issue, the Foundation would like to acknowledge the many “skookum” volunteers around the Province and the Yukon who made sure that all our programs ran successfully in their communities. Thank you for your continued support and dedication.

Congratulations to our 2009 Skookum Award recipients:

Lenora Der, Vancouver

Lenora volunteered as a P2P captain and canvasser in the Richmond Area Office for 22 years. For the past six years the Vancouver Area Office has had the pleasure of having Lenora as part of its team where she regularly volunteers in the office and at special events. Lenora “owns” her work, she is dedicated, has natural leadership skills and her approach to everything she does makes her shine, and this with a beautiful, sincere smile. She shares her skills and trains others in her areas of expertise, she has exceptional customer service skills, and wonderful, friendly interaction with all staff and volunteers in the office. It is for these reasons that Lenora Der is the 2009 Vancouver Area Skookum volunteer.

Debbie Buchanan, Kelowna

Debbie has been volunteering in the Kelowna Area Office two days per week for over five years. She takes pride in her work; processing donations, filling out Next of Kin cards, donor receipts and then batching them. She is a wealth of knowledge and a pleasure to have in the office. Debbie is skookum because she contributes so much to the Kelowna Area Office through her hard work, commitment and positive attitude.

Donna Plante, Richmond

For twenty-two years, the Richmond Area Office has been fortunate to have Donna as part of the P2P campaign, both as a captain and canvasser. Before this “stint”, Donna volunteered in Alberta. Donna does not stop with the P2P campaign, she also supports the Foundation by rallying her colleagues from Mary Kay to put teams together, first for the Walk for Heart and more recently the Big Bike Ride, and in both cases she worked hard to generate revenue which resulted in Donna being a Big Heart Champion for the 2008 Big Bike Ride. Donna is also renowned for her creative spark, which came in handy for the 2008 Conference when the team dressed up as the “Beat Keepers”.

Ron Armitage, Powell River

Ron has been the Big Bike Community Chair and Champion since 2006. Ten years ago, his leadership began as Team Captain for the Town Centre Mall Merchants Association. He has been one of the top fundraisers for his team, which averages over \$4,700 each year. The

Big Bike had terrific success in 2009 despite economic challenges and the fact that the Bike missed the BC Ferry and arrived late due to low tide. Throughout, Ron stayed calm and positive and continued to rally his troops to ensure a great campaign and fun Big Bike event day. It is often said this was the most fun year the participants ever had. Ron is a great leader and example to his community; he loves to be part of the Heart and Stroke team, and hands down, is a skookum volunteer!

Jennifer Lock, Victoria

While Jennifer Lock has been a loyal volunteer in the Victoria Area Office for the past 14 years, it is over the past year that Jen has significantly stepped up her support by taking full ownership and responsibility for the In Memory/In Honour program. In this role, she creates, tracks and manages thousands of donations each year. Because she is a dependable and efficient administrator, she has become an integral and necessary part of the office team. And, being a true “skookum” volunteer, Jen is not above pulling in her husband Mike’s support when necessary. Because of everything she does for the Foundation, Jennifer Lock is a champion volunteer of the first order!

Lila Dyer and Frieda Black, Kamloops

Lila and Frieda are two really skookum Kamloops office volunteers. Frieda volunteers in the office every Thursday afternoon and Lila volunteers on Monday and Wednesday morning, and they never miss a day! They both go way beyond what is expected of them: coming in extra days when we need the coverage; helping out when our core programs need extra support and also attending at event days. Lila and Frieda have been volunteering for many years, always coming in with a smile on their face and their sleeves rolled up “ready for action”. Everyone at the Kamloops Area Office looks forward to the days that these volunteers are in attendance. Leila and Frieda – thank you both for your dedication and commitment to the Kamloops Area Office – it is really appreciated.

Judy Vermette, Tri-Cities

The Tri-Cities/Fraser Valley Skookum award goes to a person who embodies the spirit of volunteerism. Judy has been the leader of the Valley Fair Walking Club for three years and during this time, she has rallied new enthusiasm into the small but mighty group of walkers, who meet twice a week and do a circuit within the mall. Also, Judy “put her heart into it” and organized the Valley Fair Christmas Wrapping event for three years, raising \$2500 for the Foundation. For the past two years, she has been a Captain for the Person-to-Person campaign in Maple Ridge and has manned the Heart and Stroke kit drop off booth in March. And last, but certainly not least, for two years Judy has come out on Big Bike day in Maple Ridge and given her event day support. The Tri-Cities Area Office is thankful and blessed to be given the opportunity to give Judy the Skookum award. Gillian Yardley, Manager, said “I know I speak for all at our Area Office in saying thank you for your hard work Judy – our team is that much stronger for having you as a part of it!