

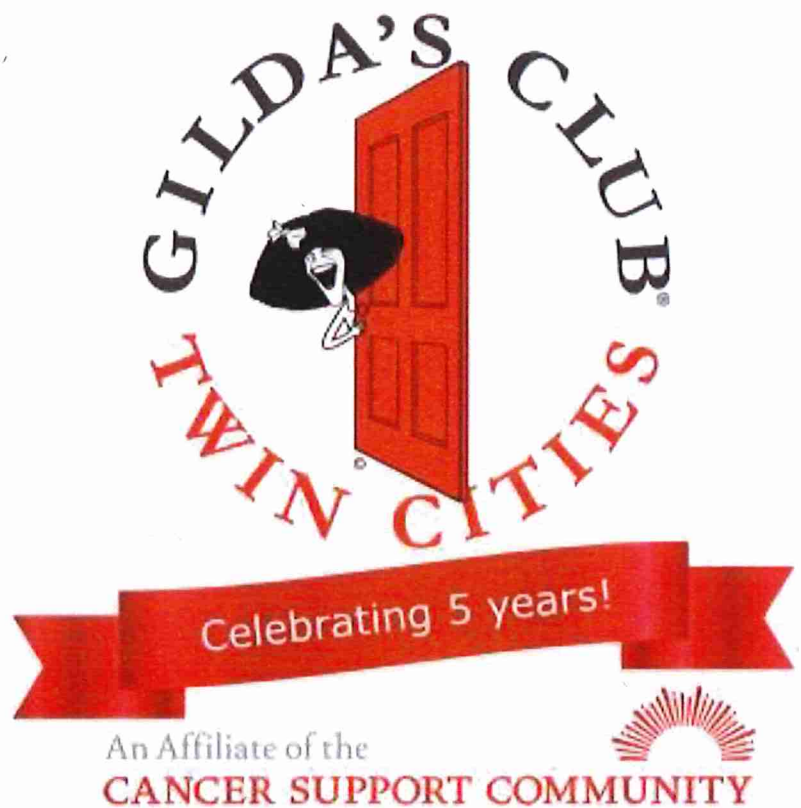
Gilda's Club Twin Cities

Report to the Minnesota Ornithologists' Union
Savaloja Grant Committee

Submitted by

Lisa K. Keitel
Gilda's Club Twin Cities
Volunteer

Carissa Vincent
Development Manager
Gilda's Club Twin Cities



October 30, 2019

The installation of a bird feeder and the creation of a birding program at Gilda's Club Twin Cities was all made possible by this generous grant from the Minnesota Ornithologists' Union Savaloja Grant.

INITIAL OBJECTIVE

The initial objective for Gilda's Club Twin Cities was to provide its members an addition to its Healthy Lifestyle programming - birding. The goal was to provide Gilda's Club members with passive and active birding experiences while at the clubhouse. Members and their families will gain greater familiarity with local birds and may be inclined to explore birding on their own.

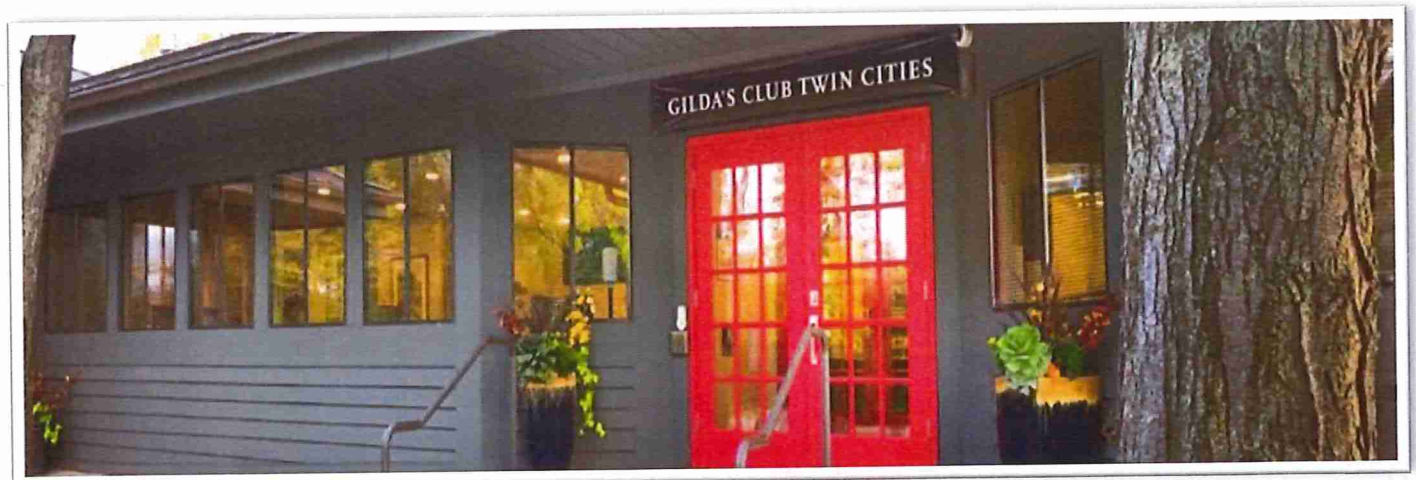
Gilda's Club Twin Cities (GCTC) is a cancer support organization whose mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community. Our nationally-acclaimed, comprehensive, evidence-based program is based on five cornerstones: Support, Education, Healthy Lifestyle, Social Opportunities and Information & Referral. At GCTC, we have built a caring community of support to ensure that no one faces cancer alone.

Gilda's Club will offer volunteer-led birding activities at the clubhouse – bird IDs, birds and their habitat, suggestions for bird feeding at home.

Working with Gilda's Club programming staff, bird-related, volunteer-led activities were scheduled through the summer and for the remainder of the year.

Sharing birding with Gilda's Club members will provide the opportunity to expand the experience to their families and personal support networks. Seeing the feeder station at Gilda's Club may encourage the establishment of feeders at members' homes.

We have met the objective outlined above with the generous support of the MN Ornithologists' Union Savaloja Grant of \$845.



OBJECTIVES ACCOMPLISHED

We met the objective of installing one bird feeder station at Gilda's Club Twin Cities. The feeder was constructed and installed on May 29th, 2019 by Gilda's Club Lead Project Volunteer Lisa Keitel.

We have met the objective of having three member events scheduled on the activity calendar at Gilda's Club. Lead Project Volunteer, Lisa Keitel led birding programming the second Tuesday of the month in July, August and September – named the Red Bird Club. This name is key as it aligns the bird club with the welcoming logo of Gilda's Club's Red Door. This program encouraged members to spend time in the Healing and Serenity Gardens, observe and listen to the birds, and talk with the volunteer about birds, birding, bird feeders and binoculars. As the members' mobility allowed, we walked along the garden pathway and to the open pond in the office park area. Binoculars are available to members to enhance their observation of the birds seen.

For the winter months, Gilda's Club has programmed Birds & Brew the second Wednesday of the month. The Lead Project Volunteer will join members in the comfortable meeting room facing the feeder to observe the winter birds at the feeder, going outside as the winter weather allows.

We have accomplished a new objective of training three Gilda's volunteers to assist in weekly maintenance of the feeder.

We have created a Red Bird Club Logbook to record information on weather, bird sightings, member and volunteer comments and other incidental information at each weekly maintenance visit and Red Bird Club programming.



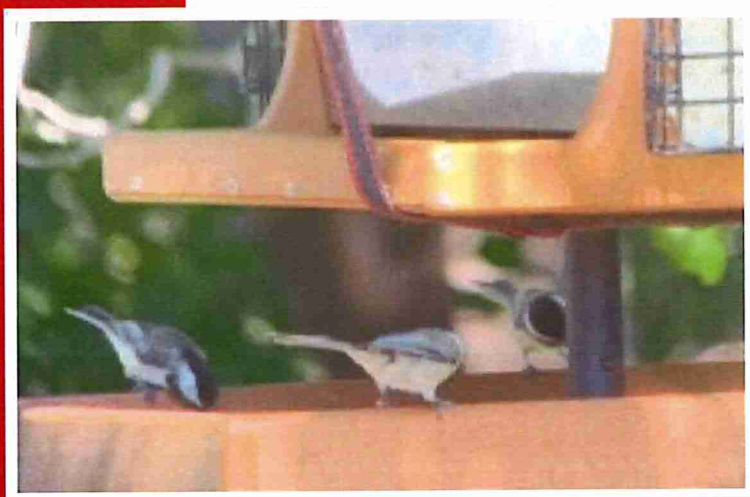
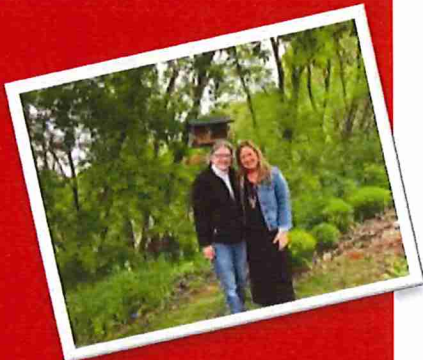
PERSONNEL

Several members of Gilda's staff are involved in this project. Gilda's Club lead project volunteer, Lisa K. Keitel, is active in the Twin Cities birding community. She is a MOU member and is the volunteer instructor for Gilda's Club Red Bird Club. Gilda's Club Volunteer and Program Coordinator, Maddy Rydeen was integral in establishing the volunteer position for ongoing feeder maintenance. Maddy was also responsible for scheduling and advertising the volunteer position and programming for members. Carissa Vincent, Development Manager, was key in completing the grant application, facilitating the receipt of funds, making the purchases and assisting in completion of this final report. This project was possible with the support of Gilda's Club Twin Cities Executive Director, Libby Utter.

We also received excellent guidance and significant discounts from National Camera in Golden Valley for the binoculars and from Wild Birds Unlimited, Minnetonka for the feeder and seed. Copies of the receipts are attached.

Lisa Keitel and Carissa Vincent, using the equipment list from the grant application, purchased the feeder, seed, and binoculars. Lisa Keitel built and installed the feeder and provided weekly feeder maintenance through August 2019.

Volunteers from the Gilda's Club roster were recruited and attended "Red Bird Club Crew" training. The training was created and conducted by Lisa Keitel. The training involved supply storage, feeder filling, maintenance and cleaning. Gilda's volunteers have been trained and will rotate care of the feeder with Lisa after August 2019.



METHODS

Gilda's Club Twin Cities welcomes an average of 200 people per week to its clubhouse. In the spring, summer and fall, the grounds of the clubhouse are frequently utilized by not only its members, but people from neighboring businesses and a nearby hotel. Adding bird feeding stations on the grounds will draw additional interest in birding from Gilda's Club members and those who spend time in our gardens and grounds.

Methods used to implement this project are highlighted by the purchase of the feeder, determining location for the feeder, recruiting and training volunteers and outreach to members for the newly created Red Bird Club.

Purchases

Nikon ProStaff 7s Binoculars were purchased from National Camera Exchange in Golden Valley, MN. These binoculars have a lifetime warranty. We will purchase binocular cleaning supplies after the remaining funding is received.

The feeder system, seed and storage containers were purchased from Wild Birds Unlimited in Minnetonka, located less than one mile from Gilda's Club.

A small, folding Minnesota Bird ID card was purchased with the initial funding received. An additional beginning bird field guide will be purchased after the remaining funding is received.

Location

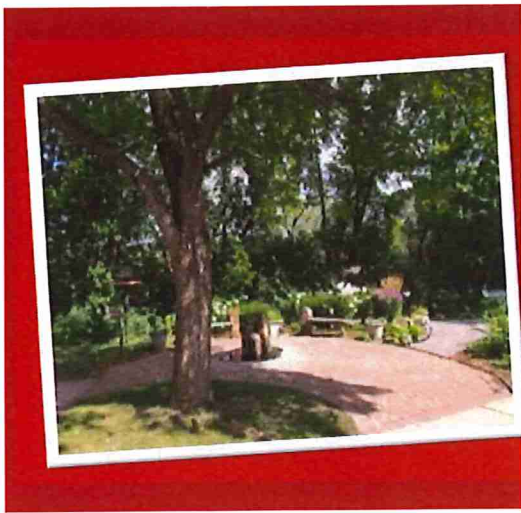
The feeder station is located at Gilda's Club Twin Cities, 10560 Wayzata Boulevard, Minnetonka, MN.

The feeder is located at the edge of Gilda's Healing and Serenity Garden, a garden with a water feature, pathways, and benches. The garden area is between the building and a wild, wetland area. The feeder was placed in an area that will not suffer negative effects from the seed debris on the ground. The feeder is adjacent to mature trees, forest undergrowth, and wetland areas (within 20 feet.) A larger wetland pond is less than 1/8th of a mile from the feeder. There is a paved pathway extending along the edge of the wetland area. This is an area rich with wildlife, including a tiny garden toad and a good-sized Snapping Turtle.

Determining Location

Identifying the location of underground utility services was critical aspect of feeder placement. After calling for underground utility location services, it was determined there was a key utility line very near the preferred location. Final placement of the feeder was decided in consultation with Gilda's Club Twin Cities Executive Director. This feeder station is moveable and can be relocated if there are site changes or different preferences. Underground utility location services will need to be called if the feeder is moved.





PROGRAMMING and RECRUITMENT

Working closely with Gilda's Volunteer and Programming Coordinator it became clear that this project had two major components.

First was the programming for Gilda's Club Members – as outlined in the grant application. Second was the need for a corps of volunteers to maintain and fill the feeder on a weekly basis. The need for this second group was not outlined in the initial grant application.

Member Programming

Working with programming staff, it was decided to have recurring Red Bird Club events, the second Tuesday of the month. This programming was scheduled for July, August and September 2019. It has been promoted on the full third quarter activity calendar and as part of Gilda's "Social Clubs" and activities. The members coming to the Red Bird Club are asked to sign up prior to the event.

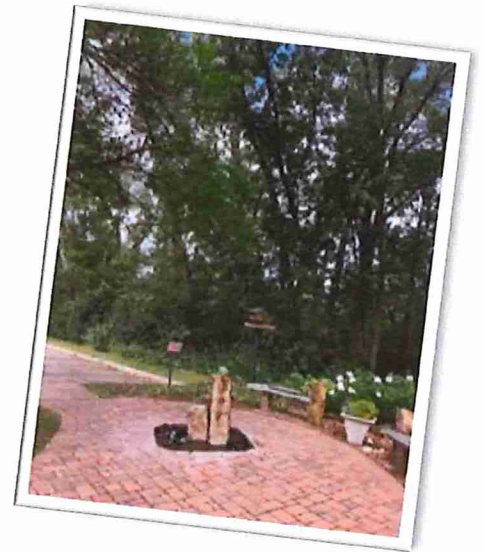
For October, November and December it was decided to shift monthly programming to Wednesday with the option of being inside or outside depending on the weather. This will be a drop-in Social Club.

Volunteer Recruitment and Training

Working with the Volunteer Coordinator, we created a Volunteer Job Description for the Red Bird Club Crew. This new volunteer opportunity for Gilda's roster of 500+ volunteers was featured in the Volunteer Newsletter email. Four current Gilda's volunteers indicated an interest in assisting with feeder maintenance. Four volunteers were trained. One has withdrawn due to her travel schedule.

Red Bird Club Crew training was held on June 25, 2019 with two participants. Lisa Keitel created the volunteer training. The training included the basics of filling the feeders and the supplies needed (step stool, location of seed storage cans, location of the Red Bird Club supply box containing binoculars, logbook, and cleaning instructions.) A second training session was held on July 2, 2019 for one participant. The Red Bird Club Crew will be included in ongoing volunteer newsletters. A third training was held on August 6th for one volunteer.

The volunteer coordinator and Lisa Keitel created a plan for scheduling the weekly feeder maintenance with the Bird Crew. There is also a plan for emergency care of the feeder – in case of squirrel encroachment, storms, and/or wet seed – at a time not previously scheduled for feeder maintenance.



Member Comments

"I really enjoyed talking with Lisa and taking a walk."

"My wife and I have just added a bird feeder to our yard. I want to know more."

"I'll come again."

"See you next month!"

RESULTS

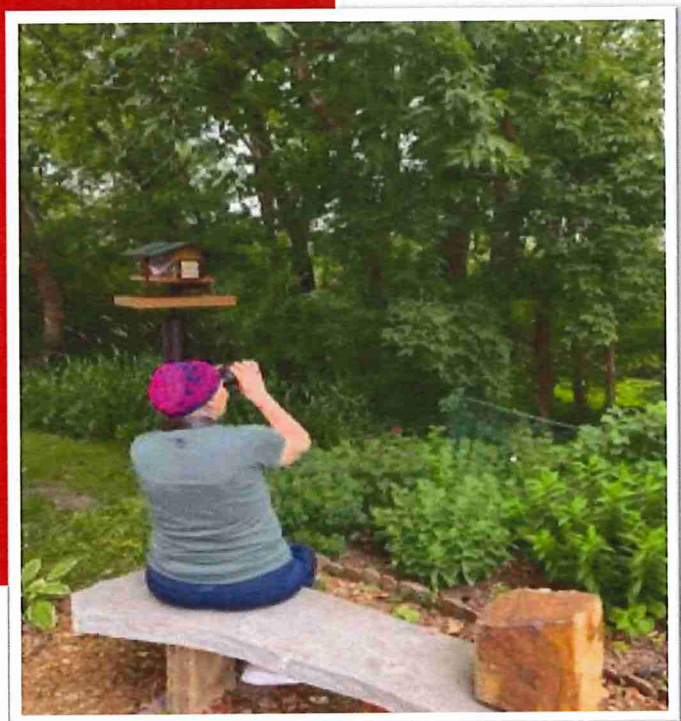
The success of this project and introducing birding to a wider group of the public is documented in three areas:

Member Programming

The success of this project is documented through member programming participation, comments and quotes from members, and birds seen and heard.

Birds frequenting the area and feeder are Downy and Hairy Woodpecker, Black-capped Chickadee, Common Yellowthroat, American Goldfinch, White-Breasted Nuthatch, Cardinal, Blue Jay, House Finch, Green Heron, Rose-breasted Grosbeak, House Sparrow, Crow, Common Grackle, Chipping Sparrow, Cowbird, Wood Duck and Mallard.

As of October 15th, three members have participated in three programs. Time was spent at the feeder area and walking to the nearby pond. In October the "Birds and Brew" programming began. One member stopped in for informal conversations about the new feeder, birds and bird feeders. Support groups scheduled for the "Birds and Brew" mornings have been specifically invited to arrive early and spend some birding time with Lisa prior to the support group gathering.



Bird Crew Volunteer Comments

“I could have used this [Merlin Bird ID] in my yard last night.”

“What seed would be good for my backyard feeder?”

“Why don't we see Red-Headed Woodpeckers anymore?”

“These [binoculars] are really great! Where'd you get something like this?” (She left our training shift and visited National Camera to explore the other binoculars available!)

VOLUNTEER EXPERIENCE

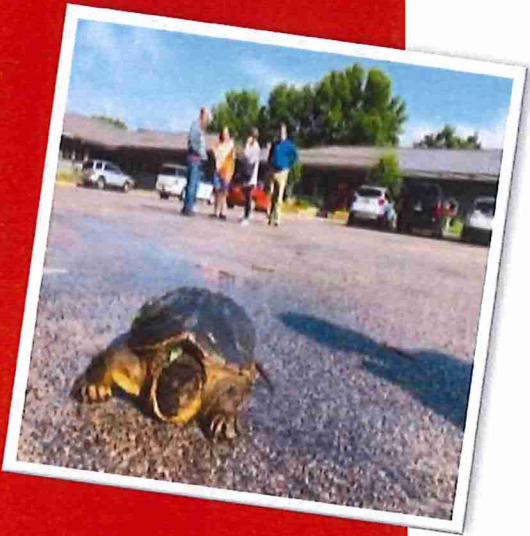
The success of the volunteer aspect of the project is documented by volunteer interest, enthusiasm, volunteer work done, comments and quotes from the volunteers, and birds seen and heard during maintenance time.

The Project Lead Volunteer interacted with the garden volunteers each week throughout the summer. They were very interested in the feeder project and time was spent each week answering their questions watching a Hummingbird Clearwing Moth and juvenile and adult Downy Woodpeckers and their feeding behaviors.

Three volunteers are trained to help maintain and fill the feeder each week. The volunteers were all incidental birders and thought it would be fun to know more. They gained knowledge about the feeder and seed, the Merlin Bird ID app, the MOU, and about using binoculars.



Staff Comments



Observation from Lead
Project Volunteer:

"After many conversations with Gilda's leadership about the feeder and squirrels and seed, I was thrilled to receive a message from the Executive Director with a photo from her back yard. "What is it??" she asked. I was astonished to study it and determine it was an American Bittern. My excitement over the bird carried over to her and we now joke about her heading down that slippery slope into birding!"

STAFF EXPERIENCE

We have solicited comments from staff to assess success, awareness and positive benefits of this project for the staff working at Gilda's.

"I really enjoy parking and getting out of my car to look at the bird feeder and the wildlife that surrounds it. I found myself one day being very amused by the antics of two large crows and squirrels that were all vying for the opportunity to graze. However, at the end of the day when I left there was a sweet little chickadee that was there. I must admit, I am surprised about how watching the birds brings you into the present moment and how curious I am to see what I drive up to each day. I'm grateful for the addition to our gardens and it is fun to see the excitement grow around our new Bird Club."

Gilda's Club Twin Cities Staff

"Some of my support group members have mentioned seeing more birds in our parking lot lately!"

Gilda's Club Twin Cities Staff

"Ever since the bird feeder was installed, I have noticed that I have a growing interest in the birds that are not only around the clubhouse, but in the community. I have a new-found appreciation for the beauty these birds have and I don't think I would have prior to this."

Gilda's Club Twin Cities Staff

Staff are also appreciating any and all wildlife that happens to cross their path, like this Snapping Turtle!



Challenges

Attendance

Attendance and participation by members were challenging through the summer months. Tuesday mornings proved to be a very quiet time at the Clubhouse. The gardening crew was working every Tuesday morning and much information was shared with the interested garden volunteers. ACTION TAKEN: Future programming will occur on the second *Wednesday* of the month from 10am -11am. This is a much busier time at the Clubhouse. We hope to encourage members to stop in at "Birds & Brew" prior to or after their other classes at the Clubhouse on Wednesday mornings.

Documentation

Lisa Keitel has created a logbook to record all activities regarding the bird feeder.

The log will be completed each time volunteers work on or with the feeders or lead programming. This logbook will remain in the Bird Club Crew storage box.

The Red Bird Club Log will record: Date, Time, Name of leader or volunteer, Indication of whether the activity is programming or maintenance, Weather, Quotes and comments from program participants, Comments from volunteer regarding feeder condition, seed quantities, etc..., Birds seen and heard

Squirrels

Squirrel deterrence was a key concern throughout the summer. Several low hanging branches allowed easy access to the feeder for the squirrels. Gilda's Club had scheduled tree trimming but it was delayed several times with numerous summer storms. A strap was wrapped around the feeder house to prevent the squirrel from flipping open the feeder house roof and feasting. Seed was mixed with Cayenne Pepper prior to filling the feeder house. The strap was successful in keeping the roof in place during storms and squirrel disturbance. The success of the pepper was uncertain. ACTION TAKEN: Major tree trimming and tree removal took place in mid-August. The area around the feeder is sufficiently clear to keep the squirrels away. We have not witnessed or seen evidence of squirrel encroachment.

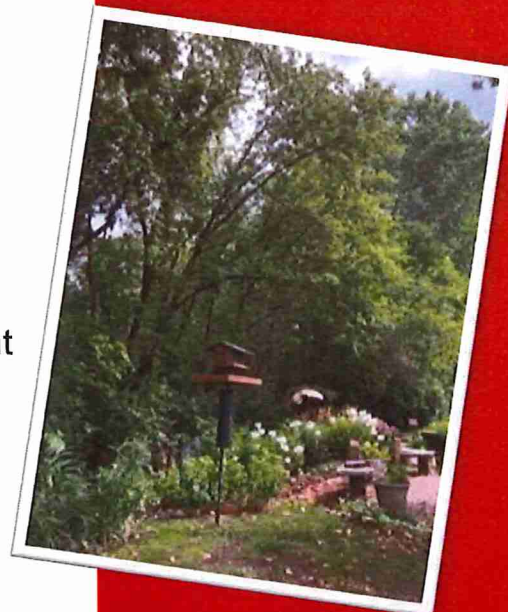
Acknowledgement of MOU Savaloja Grant

In consideration for this grant, Gilda's Club Twin Cities gratefully recognizes Minnesota Ornithologists' Union Savaloja Grant as the funder for the project.

- The summer quarterly Gilda's Club Newsletter, to all members and volunteers, acknowledged the MOU as a Program Partner. (see attached)
- The MOU Savaloja Grant is acknowledged on the Social Club printed flyer and online.
- The Red Bird Club supply box and logbook have a sticker acknowledging the MOU Savaloja Grant.
- The MOU Savaloja Grant was acknowledged in three training sessions and the MOU website was shared with volunteers.
- Any photos from Red Bird Club that are published on-line on Gilda's social media pages will acknowledge the MOU Savaloja Grant.
- Upon receipt of the remaining grant award, we will work to place a permanent acknowledgement sign on or near the feeder.

The attachments includes many of these publications from Gilda's Club.

Photo Credits: Lisa Keitel, Carissa Vincent, Ryan Sweeney, Libby Utter



Personal Reflections on the Gilda's Club Twin Cities Bird Feeder Project Funded by the Minnesota Ornithologists' Union Savaloja Grant

By Lisa K. Keitel

I am working on this project as a Gilda's volunteer and as a Minnesota Master Naturalist. I record my volunteer hours with each organization. I would like to share my personal thoughts about the impact this project has had on me.

The inspiration for this project came from my personal experience birding from my living room during my cancer treatments six years ago. The return to birding for me gave me great comfort and simple joy during an extraordinarily difficult time. My experience propelled me to bring this project to Gilda's Club and to seek funding from the Savaloja Grant. The process and success of our project has exceeded expectations – for me and for all at Gilda's Club touched by the presence of the feeder. Thank you so much for your financial support to make this possible. I am grateful to work with you to bring this project to completion.



Gilda's Club commitment to the success of the feeder project is reflected in the time I spent with the Volunteer Coordinator - creating the job description, creating and scheduling the Red Bird Club and training time for the volunteer Bird Crew. I am grateful for Gilda's Club's support of the Volunteer Coordinator as we worked together on the feeder project.

The support of Gilda's Club is evident in the commitment of time and effort from the Development Manager, Carissa Vincent. Our collaboration in the writing of the grant application and this final report has been invaluable. I am grateful for her insight and expertise.

The openness and willingness of Gilda's leadership to bring birding to Gilda's Club members has been key. I am grateful to Libby Utter, Executive Director and Allison DeCamillis, Program Director for their interest and support.

The Gilda's members are finding an easy and comfortable way to bird, in a familiar environment. There is no need to travel or expend extra energy to enjoy the beauty and joy birds can bring. I am grateful to bring birding to the members and families with the lived-experience of cancer.

The Gilda's Red Bird Club Crew of volunteers are a key aspect of the success of the feeder project. These volunteers have committed to assist in maintaining the feeder with weekly visits. These volunteers are new to birding and are happy and excited to learn more. I am grateful for their enthusiasm as I work with them and introduce them to birding.



An unexpected audience impacted by the feeders has been the other volunteers at Gilda's Club – the Garden Club. My time for weekly feeder maintenance for the summer has been Tuesday morning - a time-shared with the Garden Club. Weekly, we spend time talking about the feeder, the birds seen, the birds in their backyards, the juvenile birds exploring the feeder and still begging from the parent, squirrels, binocular information, and sharing the excitement of discovering a tiny toad or Hummingbird Clearwing Moth in the garden. One of the Garden Club volunteers has joined the corps of the Bird Crew, helping to maintain the feeders. I am grateful for our informal chats with other Gilda's volunteers as we are both working on our tasks.

The engagement of the staff at Gilda's is rewarding. Gilda's staff are sharing their bird sightings from the feeder, and from their yards, with me and noticing the birds throughout their daily life. I am grateful the feeders will provide a respite for Gilda's Club Twin Cities very busy staff.

Gilda's Club is located in an area near a hotel and office park. While walking with a Gilda's member past the office building adjacent to the small pond, a young man came out of the building to us and asked, "Are you birding? I'm a birder!" During our casual conversation with him, he shared the location of a second wetland area at the opposite end of the parking lot. As we introduced ourselves, and the birding program at Gilda's,

he shared that he, too, has had the lived-experience of cancer. It was a lovely, serendipitous meeting to talk birds and the important work that Gilda's Club is doing. I am grateful this project will reach those living and working near the Gilda's Club Twin Cities Clubhouse.



I am grateful to have had the opportunity to share my work researching, writing, and implementing this MOU Savaloja Grant for Gilda's Club Twin Cities. In May 2019, I presented a breakout session at the Gathering Partners for Natural Resources, titled "Sharing Your Passion and Expertise with Diverse and Underserved Communities." Attendees were Minnesota Master Naturalists. In August 2019, I presented this again (with some revisions) for the staff working with undergraduate students at Minnesota Independence College and Community. (MICC is a program teaching independent living skills and vocational skills to young adults with learning differences and on the autism spectrum, located in Richfield, MN.) The staff had been tasked to suggest and create undergraduate student activities (electives) based on the things they love to do. As part of the presentation, I asked participants to write down:

"What do you love to do. What fills you full – with energy and joy?"

This feedback was shared by the facilitator of the after the staff meeting:

"...an instructor submitted proposals for each of the three things [what do you love to do] that she wrote on her paper. She had not previously thought about offering these types of electives..."

I am grateful beyond words to have experienced such success while working with the Minnesota Ornithologists' Union in securing and implementing this Savaloja Grant.

Thank you.

Warmly,

Lisa K. Keitel

Gilda's Red Bird Club Lead Project Volunteer

MOU Member

Minnesota Master Naturalist

Gilda's Club Twin Cities Savaloja Grant Award

Revised
1/2/2020

Total

\$845.00

<u>Item</u>	<u>Cost</u>
Wild Birds Unlimited Minnetonka - Feeder & Seed	\$407.90
Nationa Camera Exchange Golden Valley - Binoculars	\$143.00
Wild Birds unlimited Minnetonka - Seed	\$94.10
Unknown Vendor - Savaloja Recognition Plaque	\$120.00
Barnes and Noble - Field Guides	\$60.00
National Camera Exchange Golden Valley - Cleaning supplies for Binoculars	\$20.00

Social Clubs



An Affiliate of the
CANCER SUPPORT COMMUNITY
A Global Network of Education and Hope

DATE/TIME:

Check Program Calendar
for dates and times!

WITH:

Volunteer Social Hosts

COST: FREE!

RSVP:

GildasClubTwinCities.org,
My GCTC app,
or 612.227.2147

LOCATION:

GCTC Clubhouse
10560 Wayzata Blvd
Minneapolis, MN 55305



From 394, go north on
Hopkins Crossroads; then
right on North Frontage
Road/Wayzata Blvd



NEW Red Bird Club with Lisa Keitel

2nd Tuesday of the month from 10:00am-11:00am

Utilizing our beautiful gardens, the Bird Club will offer one-hour sessions to listen and observe the birds that frequent our wetland and feeders. We will observe the activity at the feeders and take a brief, gentle walk along the gardens. Broaden your knowledge and appreciation of our beautiful world to enhance your recovery and renewal. Please bring your binoculars and be ready to be outside!*

*Program is weather permitting—you will be notified of any changes!

This program was made possible by the
Minnesota Ornithologists' Union Savaloja Grant.



Cranes of Hope with Cranes of Hope Volunteers

Every 1st & 3rd Tuesday from 6:00pm-8:00pm

Join us for a fun, creative act of community healing and service. Members will learn how to fold origami cranes and create trading cards with a crane attached and a word or two of hope and inspiration. The sky is the limit when it comes to techniques used on the card backgrounds. Painting, coloring, mixed media, stamping, drawing, decoupage, zentangle, whatever inspires you. The cards are given away to others on a healing journey, bringing a little hope and inspiration to those facing a health-related challenge.



Knit Wits with Hallie Foley, Janet Duffy, Barb Lilledahl, Diane Bowers and Kris Sand

Wednesdays from 12:30pm-2:30pm

Beginners to advanced knitters are welcome. Don't know how to knit? We'll teach you how! Learn the basics or simply join in on the conversation and laughter. The group will knit chemo caps for our members, blankets for our group support rooms, or work on our own projects while sharing our best knitting tips and tricks. All knitters are welcome!

Calling All Nature Lovers!

Attachment 1



Do you love exploring the natural beauty of the outdoors? Do you want an excuse to enjoy the sunshine? Then consider being part of the new Bird Club Crew at Gilda's!



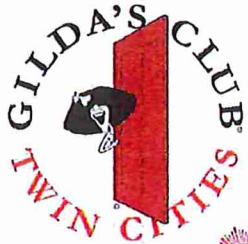
We are looking for a group of volunteers that would be willing to assist with the weekly maintenance of the feeders with lead volunteer Lisa Kettel. She is a Minnesota Master Naturalist and active birder in the Twin Cities who has the lived experience of breast cancer. Birding was key to her health and recovery, so now she wants to share this passion of hers with the community at Gilda's Club.

No birding experience is necessary - just an excitement and interest to learn something new!

[Click here for the full Bird Club Crew position description to see what this role entails.](#)

Anyone interested in checking out Birding at Gilda's would be asked to attend a training on **Tuesday, June 25th from 12:00pm-1:00pm** (there will be snacks!).

If you're interested in joining this crew of volunteers, email **Maddy** or call 952-767-7623!



An Affiliate of the
CANCER SUPPORT COMMUNITY
A Global Network of Education and Hope

DATE/TIME:

Check Program Calendar
for dates and times!

WITH:

Volunteer Social Hosts

COST: FREE!

RSVP:

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or 612.227.2147

LOCATION:

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/GildasClubTwinCities
 @GildasClubTC
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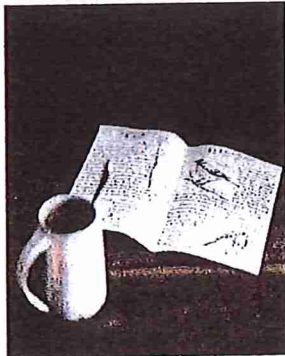
Social Clubs



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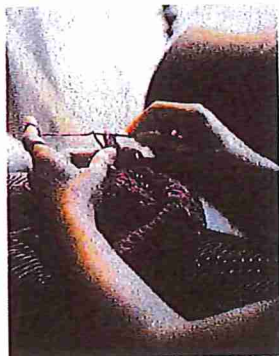


***NEW* Birds & Brew with Lisa Keitel**

2nd Wednesday of the month from 10:00am-11:00am

Join Master Naturalist Lisa Keitel to observe the birds that frequent our gardens and feeders. Grab a cup of coffee while you soak in the beauty the outdoors has to offer from the comfort of the clubhouse! You will broaden your knowledge and appreciation of our beautiful world to enhance your recovery and renewal. This is a drop-in program, so come anytime during the scheduled session for great conversation and bird watching.

This program was made possible by the
Minnesota Ornithologists' Union Savaloja Grant.



Knit Wits with Hallie Foley, Janet Duffy, Barb Lilledahl, Diane Bowers and Kris Sand

Wednesdays from 12:30pm-2:30pm

Beginners to advanced knitters are welcome. Don't know how to knit? We'll teach you how! Learn the basics or simply join in on the conversation and laughter. The group will knit chemo caps for our members, blankets for our group support rooms, or work on our own projects while sharing our best knitting tips and tricks. All knitters are welcome!

Attachment 6

VOLUNTEER POSITION DESCRIPTION



POSITION: Bird Club Crew

OBJECTIVE: Assist in year-round bird tracking and maintenance of GCTC bird feeder

ROLE DESCRIPTION:

- Maintain bird feeder which includes...
 - Emptying old bird feed
 - Refilling bird feeder with new feed
 - Spot cleaning around bird feeder
 - Occasional washing of bird feeder parts
- Record birds spotted around the clubhouse in birding log
- Participate in the Bird Club member program activities

SKILLS:

- Passionate about nature and/or birding
- Willingness to learn new things
- Ability to use step ladder and lift up to 25 lbs.

BENEFITS:

- Work closely with a dedicated and passionate group of people
- Building knowledge of bird species in local area
- Bringing people together through fun activities

DATE/DAYS: Weekly starting in September – flexible depending on schedule

TIME COMMITMENT: Up to 4 hours per month

CONTACT: Staff - Maddy Rydeen, Maddy.Rydeen@GildasClubTwinCities.org, 952.767.7623
Lead Volunteer - Lisa Keitel, lkkeitel@gmail.com

TRAINING: General Volunteer Orientation, Birding Training

This volunteer opportunity was made possible by **The Minnesota Ornithologists' Union Savaloja Grant**

ATTACHMENT 7

GILDA'S RED BIRD CLUB

DATE

TIME

NAME

ACTIVITY: Member Program _____ Feeder Maintenance
attendance

WEATHER - estimates

Temperature _____ Sky _____

Humidity _____ Precipitation _____

Comments _____

QUOTES from participants COMMENTS from volunteers

BIRDS SEEN OR HEARD

ATTACHMENT 8

GILDA'S CLUB TWIN CITIES

Program Partners, Tributes, and Memorials

Summer 2019 Program Partners

Gilda's Club programs are made possible through the incredible work of our volunteers, subject matter experts, and program partners. These partnering organizations share our vision that no one should have to face cancer alone, and we thank them for their work!

Adler Graduate School	Enso Wellbeing	Mental Health Systems	Minnesota	RBC Global Asset
AwakenPeace Healing	Coaching	(MHS)	Ornithologist's Union	Management
BMO Harris Bank	Humor to Fight the	Merck	Nutritional Weight &	RBC USWM Foundation
The Centre of Wellness	Tumor	Minnesota Department	Wellness	Thrivent Financial
Children's Minnesota	Incyte Corporation	of Employment and	On the Other Side	Young Survival Coalition
CLL Society	Meditative	Economic	Planted for Life	
Cranes of Hope	Movements™	Development		

Honors and Tributes

March 2019–May 2019

All of Gilda's Club Twin Cities' programs are free. One means of keeping our program free is through the generosity of our members, family and friends. The gifts below were made in honor, memory or celebration of loved ones.

In Celebration of:

Mara Alexander
Sue Morgan
Phyllis Schultz
Libby Utter
Carissa Vincent
all of the GCTC Volunteers!

In Honor of:

Janie Finn
Renée Garpestad
Julie Gansen
Tom Jacobson
Rick Kleven
Anna Lima
Jan LaVone
Claudette Langer
Bill and Gail Munsell
Gail Munsell
Glo Murman
Sara Buss Martin
Jill May
Yen Nguyen
Gilda Radner
Judy Thul
Carissa Vincent
Susan Kealy and Dan Taylor

In Memory of:

Gianna Capecci
Eugene Frisk
Don Hamling
Loren and Mary Hammermeister
Jim Landy
Janet Kinzler
Jim Landy
Kathi Martinson
Bill Munsell
Kevin O'Keefe
Karolyn Patzer
Jeffie Phillips
Paul Sasik
Mark Shaw
Judy Thul

Do you want to be part of the generous group of individuals that help make our program dreams a reality? Then consider helping to underwrite some of our member programs.

If you're interested in learning more, contact Carissa Vincent, Development Manager, at 952-767-7626 or Carissa.Vincent@GildasClubTwinCities.org



Honoring our members who have recently died:

Marlys Buchler	Matthew Moore
Blair Crockett	Micki Naiman
Dan Erickson	Bill Rosenfeld
John Friedmeyer	Paul Sasik
Barry King	Mark Shaw
Jim Landy	

This list represents members whose passing Gilda's Club is aware of. If your loved one is missing from this list, we apologize.