

SHOWING SUPPORT FOR THE COMMUNITIES WE LIVE IN

As we continue to move our way through the COVID pandemic, it is more important than ever to show compassion and care for those in need.

Employees at our Jumping Pound and Caroline gas plants made donations and spent time helping their communities this holiday season.

At Jumping Pound, workers donated to both the Cochrane Food Bank, and the Iyahrhe Nakoda food bank, which provides nutritious food hampers to the people of the Stoney Nakoda First Nation. Their donations will go a long way to supporting families throughout the holidays and beyond.

Colin Sale, who works at the Jumping Pound complex, shares what helping the community means to him and his colleagues. "The majority of us live in Cochrane and know someone that has gone through hard times, especially in the last few years. We like to help out and support local families in need," said Colin.

Kathy Tucker, who is chairperson at the Cochrane Food Bank, notes the affects the second year of the pandemic had on the community. "It has been a very up and down year in terms of how many people need help," said Kathy. "We are seeing more now with the government taking assistance away."

With people needing more help around the holidays she greatly appreciates how much the community has stepped up. "Words can't express how generous the community is. People are unbelievably great with spending their time and money to support us. This is such a great community. We are really thankful for Pieridae spending their time to help out the community so much."

Donations made this season will be going towards the Cochrane Food bank's school lunch program to ensure kids have a healthy lunch every day.

"Kids are really the backbone of our community and world," Kathy adds. "People will drive out here on Tuesday and Thursday nights to let us know how much they need. We make good and healthy perishable lunches with fruits and veggies, meats, dairy, etc.. Some parents are struggling to provide during this time of year, this program gives them another option to ensure their kids get the nutrition they need."

The Iyahrhe Nakoda Food Bank Society serves the Stoney Nakoda members of Bearspaw, Chiniki and Wesley bands in the communities of Morley, Eden Valley and Big Horn. Currently they support more than 40% of the total Nakoda population. Due to limited economic opportunities and limited education, many in the community must depend on social programming as a way of life.

Since 2019 workers at Pieridae's Jumping Pound Gas Plant have been supporting the Iyahrhe Nakoda Food Bank.

At our Caroline Gas Plant, workers there believe in supporting both Sundre Santa's and the Shepherds Food Bank in Caroline. Every year, they partner with Santa's Anonymous with a donation to help provide over 300 individuals with food hampers during the holiday season. This will help many families throughout the holidays and during harsh winter months so that they will have food on the table.

The Shepherds Food Bank is run out of the Caroline Church of the Nazarene and delivers food hampers to families to relieve some of the pressure of the holiday season. Employees at the Caroline Gas Complex donate their time to help put together these hampers and help out their community during

this time of need. Thalia Aspeslet, the Consultation and Regulatory Advisor as well as Community Liaison Officer for Caroline, did her third annual hamper building for the food bank since starting with Pieridae.

“This year we made 47 hampers and took about two hours to complete this project,” said Thalia.

“Helping out those who are struggling is a humbling experience for me. I put a lot of care into building these hampers and think about the people who need this service and what it must feel like to have to use it. Parents around this time of year may have to choose between feeding their family or getting their children gifts. This program helps those families to not have to make that decision and provide some Christmas magic,” she added.

It is important to keep supporting each other during these difficult times, and continue to be a good neighbour in the communities our staff live and operate. The holidays can be difficult for many, even when we are not in the midst of a pandemic, so please show kindness and help out those who need it most.