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Volunteers in the News

## Food Bank for Westchester Hosts 9/11 Community Service Day

The event was coordinated with the food bank and My Good Deed, which promotes helping other in the face of tragedy.

By Tom Auchterlonie | Email the author | 5:30am | Print

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Carolyn Winuk, left, and Emilia Roll, right, Sept. 7, 2011. Credit Tom Auchterlonie

For Carolyn Winuk, volunteering Wednesday at the Food Bank for Westchester was a chance to observe the 10th anniversary of the 9/11 attacks by helping those in need.

"They're always fantastic here," said Winuk, who has volunteered at the Millwood-based food bank for several years, along with her 14-year-old son.

A Mahopac resident, Winuk was personally impacted by 9/11 when she lost her brother in law, Glenn Winuk, who was killed while trying to help people evacuate the World Trade Center. Glenn Winuk, who served as an EMT and volunteer firefighter in Jericho, NY, had helped evacuate his law firm, which was located near the site, before heading over to help.

"That was his love," Winuk said of his interest in being a first responder.

From the loss, her husband Jay Winuk co-founded, MyGoodDeed.org, which successfully lobbied to have 9/11 established in 2009 as a federally designated day of remembrance and service.

My Good Deed is making a big volunteer push to coincide with the anniversary. The group is supporting several regional service projects, and on Sept. 11 itself, the Winuk family will be in New York City working on a revitalization project for a school for their efforts. [On its website](#), My Good Deed is encouraging people to do services projects as tributes to the victims.

The idea for doing a service day at the food bank was thought of by Winuk, who approached the organization about doing it.

"They're always fantastic here," she said.

At the food bank, Winuk, along with regular volunteers who dressed in shirts provided by the group, stuffed fresh produce as part of Project Green Thumb, which involves packing 1,900 bags per week to help the needy.

Among the regular volunteers was a group of Ossining High School students who are enrolled in a life skills program, a special needs program that provides vocational support, according to Susan Cable, a teacher who accompanied them.

Cable, who had only found out about the 9/11 event when she came in, said "I'm glad we're here today," adding she is thrilled the 9/11 organization exists. The students come in regularly to volunteer.

Emilia Roll, a New Jersey resident who is a friend of Jay Winuk's, stopped by to pitch in and help.

"I'm looking forward to this," she said. Roll looks for ways to volunteer on every 9/11 anniversary.

"I'm giving something back to the society," said Doraikannu Regunathan, a Chappaqua resident who is a regular volunteer, in describing his community service. He explained that something needs to be done in memory of the 9/11 victims.

"You feel good doing this," said Mihika Kapoor, a Scarsdale resident, about volunteering.

Jor Coleta, a Cortlandt Manor resident and regular volunteer said that it feels like each anniversary of 9/11 is important, especially the 10th. He spent his time getting produce organized and ready to be sent out to organizations that receive it.

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