



Sunshine Soup Kitchen News

Providing a free meal to anyone in need.

August, September, and October 2010



I am the first to admit
that I am not a good traveler. I spend much time and effort to make my home a peaceful and pleasant place and am reluctant to leave it for extended

periods of time. But I also recognize the need for rest and rejuvenation, especially my husband's need for it, so if he is willing to plan the trip, I will pack my bags and go.

But, gee, have you ever noticed how airline travel seems to bring out the worst in people? While seated on the plane, most folks avoid eye contact with other passengers lest they be dragged into an unwelcome conversation. Sometimes there is a good reason for not making a connection with fellow travelers. If you have not connected with that person next to you, there will be no emotional restraint when racing to the connecting flight gate and beating him out—just in case the plane is overbooked. There is a whole psychology in airline travel that should be studied and improved. It reminds me of the animal instincts exhibited in *Lord of the Flies* (William Golding). Pity the weaker traveler.

In case you haven't guessed, I am just back from a two week vacation to Alaska. So who can complain? It was a wonderful trip. Such majestic beauty. My favorite place was Denali National Park. We caught sight of The Mountain so many times it became commonplace. Then there was the wild-life: caribou, moose, golden eagles, grizzly bears, to name a few. It was like living a National Geographic television special. I could not even say what I liked the best. It seemed that with each destination, there was a new and exciting vista or experience. But on the human side, I can tell you what made the biggest impression on me in the citified areas. In Juneau, the capitol city, placed among the gift shops, furriers, and quaint saloons was the city soup kitchen. It stood there shoulder to shoulder with the glitzy tourist attractions without apology. A simple sign on the face of the building, below the front window, said "Soup Kitchen." I walked past it slowly trying not to stare in the window at two men playing cards, but it reminded me of the human condition that exists everywhere, even on vacation. The contrast was striking and it made me think of home.

~Cynthia Dwyer



Downtown Juneau, Alaska. The Soup Kitchen is midway down the street on the right. The haze at the top are low clouds. Yes, the weather is that good in Juneau in the summer.

*Rich and poor have this in common:
The LORD is the maker of them all.*
Proverbs 22:2

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The Main Ingredient

As Program Director of the Sunshine Soup Kitchen, I am responsible for keeping a current knowledge of, and providing training to staff and volunteers on safety issues. Just as parents are responsible for the safety of their children, I am responsible for the safety of volunteers, guests and staff as it relates to the meal program. I take this aspect of my job very seriously. I don't want any volunteer to suffer an injury, and I want our soup kitchen guests to feel secure that they will be served food that is safe to eat. This is just as all of us want when we dine out. With our soup kitchen guests, food safety is even more important as many already have health issues and many have minimal health care available to them. This being said, I want to address a couple of issues here as space allows and will address others in future newsletters. Please take the time to read this information and help me do my job by complying with a smile.

You may want to know that sometimes these policies are just that, *our policies*. Sometimes the rules we follow are directly specified in state or local codes. Most are dictated by *Servsafe*, the nationally recognized food service industry certification board. In any case they are all for the safety of volunteers and guests. We all need to remember that this is not a home kitchen environment, it is a commercial one.

Footwear

Despite the summer heat, **open shoes are not allowed** in any restaurant environment. Soup Kitchen staff have been diligently reminding volunteers of this policy and appreciate your compliance. It was a funny day when the word did not filter down to all of the kids volunteering with their youth group. I walked over to see how the preparations were coming to find six beautiful young people standing at the counter all in flip-flops. I thought it was a joke and laughed. They all had to call parents, check cars, or borrow appropriate footwear before we opened for the day.

Eating and drinking in the kitchen

Seems that common sense would prevail here. The best way to spread germs is via hands and mouth, both of which are necessary when eating and drinking. We welcome any volunteers who missed their lunch are is thirsty to please sit for a moment with the guests and refresh themselves. This is what Jesus would do.

Thank you for all for your enthusiasm to keep us running as efficiently as we do. And remember, we may be a soup kitchen to some, but we are a five star restaurant to many.

~ Christine

New Staff Position

Jenn's position was Kitchen/Volunteer Coordinator. She started her day at 1:00 taking care of the administrative part of the job: planning menus, recruiting and scheduling volunteers, maintaining data and inventory. Then at 3:00 she changed hats and became the Kitchen Coordinator, overseeing the meal preparations and serving, working side-by-side with the volunteers. The decision to split the job was made by the Soup Kitchen Board, giving Christine the administrative tasks and making a new position that is fewer hours and solely focused on the kitchen operations. Jackie took the job as Kitchen Coordinator, overlapping with Andrew, in July. We've enjoyed having Andrew these past few months filling in for Jenn when she had classes, and look forward to working with Jackie Monday through Friday. Here is Jackie's bio.



Hey Everybody! My name is Jackie Fondo, and I'm the newest member of the Sunshine Soup Kitchen staff as Kitchen Coordinator. I live in Londonderry, and I am 16 years old. I have three siblings and

an amazing Dad. My goals are to go off to college in a couple years and study law and politics and eventually go into politics. Back in November, I decided that I wanted to get involved in the community. I wanted to help someone and help improve where I live. I searched around for a bit and found the Sunshine Soup Kitchen and began volunteering in January. The first day I fell in love with the environment, the people, and especially the staff. I hoped that I could come all the time but there weren't a lot of openings, so I came in when I could. In March, Christine asked me if I would come every Thursday and help out in the office and, of course, I said yes! I began really looking forward to Thursdays and got to know the girls in the office better.

When Jenn left, everyone was upset because we all love Jenn. The staff began looking for a replacement for Jenn, and eventually for Andrew, who was hired in April to cover days that Jenn had classes. He will be going to college soon. Good luck Jenn and Andrew! I hoped that I could be considered for the job and knew I would be able to handle it after serving as a volunteer. I sent a letter to Christine and then went through the interview process. In a short time I was offered the job. I gladly accepted! I sincerely love it here and every day I love it more. The environment and the people make it truly the place to be, and I look forward to working with all of you!

~ Jackie Fondo

Current needs

At this time the following list of items (in order of greatest need) are in short supply. This list is also posted on our web site and updated monthly. Go to www.soupinderry.org, to check it out in between newsletter publishing. Thanks!

- Cold breakfast cereal
- Canned white potatoes
- Canned yams
- Canned gravy
- Canned carrots
- Canned green beans
- Canned mixed veggies
- Sugar-free drink mix (Crystal Light)
- Canned pineapple
- Canned mandarin oranges
- Parmesan cheese
- Instant mashed potatoes
- Napkins
- Paper towels
- Salt and pepper (individual disposable shakers)
- Decaf coffee
- Local supermarket gift cards



Natalie's Coffee Fundraiser

Here is some information good to know. Natalie's Coffee, a local roaster, will **donate \$1.00** for every bag of coffee sold using our online promo code of **Sonshine** during check-out. The owner Dave, has also developed a special "Sonshine Soup Kitchen Blend." This means you can go on-line at www.NataliesCoffee.com and order any regularly priced coffee, tea, or chai, including our new "Sonshine Blend" and Natalie's will send a buck our way. When you order on-line, you also have the option of eliminating shipping costs by checking the box that you will pick up your coffee at the store. It will be roasted fresh and ready in two days for you to pick up. You can also stop in and buy your coffee at the store at 127 Rockingham Road (between Clam Haven and Dollar Bills in the Hillside Plaza). Just mention "Sonshine" when your coffee is being rung up and again a buck comes our way. Great coffee, local business, and benefiting an important community charity. Doesn't get much better than that!

Over 125 flavors, blends and varieties of coffee, tea and chai available. Go to www.NataliesCoffee.com and check them out.



Prayer Concerns

Please join us as we pray for:

- Bible Study on Tuesdays
- B with Worker's Comp issue
- E struggling with depression
- J struggling with cancer
- C struggling with mental illness

Give ear to my words, O LORD, consider my sighing..

Psalm 5: 1 (NIV)

Numbers to Note

2010 YTD (June 30)

Guests served 5,074

Meals served 7,184

Average of meals per day 57

Average people per day 40

Volunteer hours logged 3,802

2009 YTD (June 30)

Guests served 4,383

Meals served 6,170

Average of meals per day 62

Average people per day 35

Volunteer hours logged 2,938

Teen Volunteers

It's hard to believe that the opening of public schools is just weeks away. Calls have already come in from students and advisors seeking out volunteer opportunities. Teen volunteers are most welcome as part of our workforce. Their enthusiasm is refreshing, but their busy schedules can cause scheduling difficulties. Commonly, six volunteers will be expected with a group and 12 will show up. This makes for a less than satisfactory volunteer experience for all involved. Other times the expected volunteers don't show up or only one or two make it, leaving the operation short of staff. Then also, because of multiple commitments, teens will leave early making it difficult for the remaining volunteers to complete the tasks. Overall, even though the intentions are noble, often the commitment to serve is not taken as seriously as it should be.

The way high school groups are going to be handled this year is this. When we get a call from a club advisor that there are students who want to volunteer, we will set a certain day of the month dedicated to this group. **The students who want to volunteer will be responsible to call or e-mail the Soup Kitchen office to fill in one of the reserved places for that day.** This way the school advisors won't have to be responsible for communication and commitment, but the students will be.

This does not apply to junior high students nor to church groups at this time. They will be handled as in the past. The staff of the Sunshine Soup kitchen thanks all you eager and committed youth in advance for your service in the weeks and months ahead. Contact Christine at 437-2833 or coordi-

New Group Needed

We are pleased to welcome **St. Anne's Youth** as the regular second Thursday group. Formerly they volunteered on a bi-monthly schedule. Mae Edwards recently took on the leadership role for this group from Kerri Cornelissen, who faithfully served for three years.

Now, that leaves a **bi-monthly opening** on the **3rd Tuesdays** of even months (February, April, June, etc.) If your club, church or business has had a desire to serve on a regular basis, this is a great way to get involved without an every month commitment. Give Christine a call and she will give you the details.

Parting Sorrow

For 10 years, members of **St. Peter's Episcopal Church** of Londonderry volunteered at the Soup Kitchen, most recently under the leadership of Judy Kelley. Over the years this group perfected a spaghetti dinner that all the guests enjoyed immensely. We were sad to say goodbye to this faithful group of friends.

Also, the **Holy Cross** group, led by Sally Dion, gave up their volunteer spot. Not to minimize spaghetti dinners, but Sally and her group (mostly Sally) prepared meals you would serve to company, complete with luscious desserts.

We salute these dedicated groups with grateful hearts. They will be sorely missed.



Dear to our hearts are the students who make weekly commitments to volunteer at the Soup Kitchen. Two long-time volunteers graduated this spring and will move on to the college life in August. Ben Sands, of Hampstead, carried a full course load at Pinkerton Academy as well as participated on the swim team throughout his high school years.. He was a National Merit Scholar and still found time to volunteer. Ben will be attending Cornell University in the fall.

Morgan Gaythorne came to us as a weekly office volunteer. He helped clean the office and stocked the food shelves faithfully for two years. He will be attending St. Anslem College in the fall.

Data Updates

We diligently seek to maintain a current data base of supporters. If at any time you do not wish to receive newsletters, please call or e-mail the office, and we will remove you from the list. Up-to-date information is important to us, so if you change your address, phone number or e-mail address, please let us know. Call 437-2833 or e-mail coordinator@sonshinesoupkitchen.org.

A Living Act of Worship

One Sunday in the month of June, people gathered at the Londonderry United Methodist Church to read scripture, sing songs of praise and worship God. Instead of the usual sermon format, those in attendance carried out a work of worship by assembling bags of personal care products to distribute to people in need: Sunshine Soup Kitchen guests included. Our share of 50 personal care bags were delivered to us by Pastor Wesley Palmer. It was a blessing to us to make these necessities available to our guests. What a creative way to worship God!



*Is not this the fast that I choose:
to loose the bonds of injustice, to
undo the thongs of the yoke, to let
the oppressed go free, and to break
every yoke?*

*Is it not to share your bread with
the hungry, and bring the homeless
poor into your house; when you see
the naked, to cover them, and not to
hide yourself from your own kin?*

*Then your light shall break forth
like the dawn, and your healing
shall spring up quickly; your vindicator
shall go before you, the glory
of the LORD shall be your rear
guard.*

Isaiah 58: 6-8 (NRSV)



COME HOME TO DERRY!

**SATURDAY, SEPTEMBER 18, 2010
10AM - 5PM AT MACGREGOR PARK**

The Sunshine Soup Kitchen will be a presence at this year's event on **Saturday, September 18**, (rain date the 19th). This fun-filled festival starts at 10 a.m. and ends at 5 p.m.

Besides offering information about the Soup Kitchen ministry, we will be **selling flower arrangements**. Talented floral designers from the Derry and Windham Garden Clubs will be putting together works of art in vases to be purchased, cash and carry. Please come!

And yes, if you have any **large vases** you care to donate, just bring them to the Soup Kitchen office.



The Sonshine Soup Kitchen...

...is to be an interfaith community project to reach out to individuals and families struggling to live independently. We do this primarily by serving a free meal in a spiritually uplifting atmosphere to any person who enters our facilities and by seeking to exhibit the love and grace of Jesus Christ in our service.

SSK Board of Directors

Cynthia Cleary, Chairperson
Jane DeRosa, Vice Chairperson
Richard Cardner, Secretary
Cynthia Dwyer, Executive Director and Treasurer
Atty. Edmund Boutin
Linda German
Leona Lampro
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Sonshine Soup Kitchen

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Office Hours: Monday-Friday, 1-6 p.m.

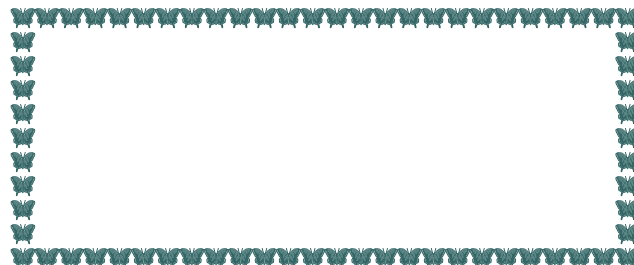
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What's inside:

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