



Sonshine Soup Kitchen News

Providing a free meal to anyone in need.

November and December, 2010 January 2011



This month, I am turning over this space to our Kitchen Coordinator, Jackie who had a Soup Kitchen experience worth sharing.

~Cynthia Dwyer

While working at Derry Fest, selling raffle tickets for the Soup Kitchen, a man approached the table inquiring about the Sonshine Soup Kitchen ministry. I answered his questions, and even though he didn't give me his name he gave me something better, a reason for his interest and an affirmation for our mission.

One night over twenty years ago, while sitting on the steps of The First Baptist Church, pondering the condition of his life, the Pastor came out and asked if he wanted a free meal. Of course, he said yes, as hard times had unfortunately fallen upon him. At that time the Soup Kitchen was open one day per week.

When he saw the Sonshine Soup Kitchen booth at Derry Fest, he felt he wanted to reconnect. He thanked me for all we do and told me how his life was changed because of the love he experienced so long ago. In a time of crisis, he had somewhere to go where it was warm and comforting and he could relax. He had found a secret retreat where once a week, one day, he could feel warm and safe and tucked away from the troubles on his mind and outside the door. I frequently like to remind the guests that the Soup Kitchen is meant to be a safe and comforting place. I remind them that while here, they are always encouraged to talk to staff, volunteers, and each other to share their burdens and get directed to places where they can get help. The more I thought about this stranger, the more I realize that what we do at the Soup Kitchen matters. When people come for meals and then one day disappear because good fortune has returned to them, we couldn't be happier, but it is rare to hear the end of these stories. When a Soup Kitchen guest comes back to thank us for what we do, it really hits at the heart of our mission to help people who are struggling to live independently.

This encounter has left a lasting impression on me. On days when the feeling of "It doesn't feel like that

much of a difference, it's just dinner." crosses my mind, I will think of this man and realize again and again that what happens at the Sonshine Soup Kitchen really does matter. We all have the potential to be the difference in someone's life; at the Soup Kitchen it is intentional. When you participate in this service to the community, you not only fill empty stomachs, you fill souls with love and hope. That's what gives me a sense of accomplishment Monday through Friday. This is our honest intention and this stranger proved the success of it.

~ Jackie Fondo



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The Drama of Derry Fest 2010

So who would guess that Derry Fest could become an event fraught with excitement, disappointment, and drama? The Soup Kitchen Board had begun their planning in August with the intention of enlisting our floral-arranging friends to once again raid the gardens of their friends and relatives under the generalship of Linda German. It always starts with the collection of vases. Check! Boxes of suitable containers had been collected and were washed and stored ready to be adorned. Check! Linda had conferred with Tiffany Gardens and confirmed a place to snip and place and admire. But a cloud hovered over the plan, or more like no clouds hovered anywhere in southern NH, which meant no rain and no flowers. It had been weeks since a drop of rain had fallen and the heat had brought on early dormancy in many flowering plants. Gardens were surveyed, and there was not much in sight but brown, dried leaves and sticks. By the time the Soup Kitchen Board met on September 8, just a week and one-half before Derry Fest, we realized we had to abort the plan to sell flower arrangements and come up with another plan, FAST!

So, being in the food industry ourselves we thought, let's appeal for help to others in the industry, that is the for-profit restaurants. We got to work the next day. In just one week, the Board scurried out to local restaurants with our tale of woe asking for donations of gift certificates to raffle at Derry Fest. The response was overwhelming! 28 restaurants (and one fine butcher shop) donated certificates. From this bounty we netted over \$500 from ticket sales at Derry Fest.

Not only that, one never-say-die gardener, Evie Saad, went out snipping fresh hydrangea blossoms which were at their peak before drying to lovely hues of ivory, blue, garnet and moss shades. She fashioned them into stunning wreaths. These gave our booth a come-hither appeal and the wreathes sold out bringing in an additional \$230.



Linda German and Mike Gagnon man the booth.

Who would have guessed that this change of plan during the heat of the battle could be so lucrative?

Thanks to Mrs. Saad and the following businesses:

Applebee's Neighborhood Grill & Bar	La Carreta
Brookstone Grille	Margarita's Mexican Restaurant
Café Teresa	Maryann's Diner-Restaurant
Chen's Restaurant	Mr. Steer Meats
Chili's Grill & Bar	Ninety Nine Restaurant & Pub
Clam Haven	Pinkerton Tavern
The Coach Stop Restaurant	Rig-a-toni's
Coffee Factory	T-Bones Great American Eatery
Crow's Diner	USA Subs
Derry Diner	Wasabi
Derry Restaurant & Pizza	Weathervane Seafood Restaurant
Giovanni's Roast Beef & Pizza	Wrap Shak
J Michaels Family Sports Bar & Pub	The Yard
Juliano's	

Congratulations to the winners!

Bonnie Lee	Richards family
Mike Gronlund	George Trudel
Watson family	Brian Selling
Mike Belanger	Ralph Shalsi
Bev Gorman	Jane Troy
Carmichael family	Karin Marineau
Bob Ciarletta	Kelly Ayotte
Dolores Doscher	Tom Angelsanto
Hesse family	Jamie Ineson
Jean Roalsvig	Laplume family
Peg Post	Fred Kinsella
John Lang	Pat Hannigan
Bursaw family	Anne Dolan
Nacos family	Pierce family
Laura Cioletta	

Current needs

At this time the following 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. Thanks!

- Paper towel rolls
- Pot holders
- Fruit juice
- Canned mixed veggies
- Canned green beans
- Canned peas
- Canned corn
- Canned carrots
- Canned pineapple
- Canned mandarin oranges
- Parmesan cheese
- Sandwich bags
- Napkins
- Disposable salad bowls
- Salt and pepper (individual disposable shakers)
- Mayonnaise
- Healthy cold cereal
- Cream soups
- Canned baked beans
- Canned gravy
- Canned white potatoes
- Canned yams



Clothing Needed

Our clothing closet is quite bare. **Ready-to-wear fall and winter clothing would be greatly appreciated.** Drop off items during office hours please. Monday through Friday, 1:00-6:00.



Special Acknowledgment

Every donation is valued, but occasional a critical need arises and a donation that saves the day merits a special mention. In September, a faithful chest freezer gave up the ghost. Although we have three others in operation, that chest was critical for storing the holiday turkeys anticipated. Acting on a lead from our local Walmart store, a call was made to **Sam's Cub** in Manchester. They came through in short order with a donation of two small freezers that will see us through for many years to come. We are so grateful.

Numbers to Note

2010 YTD (September, 30)

Guests served 7,709

Meals served 11,108

Average of meals per day 58

Average people per day 40

Volunteer hours logged 5,678

2009 YTD (September, 30)

Guests served 7,182

Meals served 10,067

Average of meals per day 53

Average people per day 38

Volunteer hours logged 4,415

Prayer Concerns

Please join us as we pray for:

- Bible Study on Tuesdays
- B with health issues
- F with job difficulties
- E with addiction

Be joyful always; pray continually;

give thanks in all circumstances,

for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18 (NIV)



The holidays are closing in!

Thanksgiving



The holiday season is almost upon us and every year we plan a traditional, home style-meal for Thanksgiving Day. **We need volunteers to prepare the following items at home** and deliver them to the soup kitchen at 10 a.m. on Thanksgiving Day. If you prefer, any food item except the turkeys can be brought to the office during regular hours the day before. The meal is served at noon.

- 2 unstuffed roasted turkeys with drippings
- 3 pans of stuffing
- 3 pans of white potatoes
- 3 pans of sweet potatoes
- 3 pans of green vegetables
- 3 dozen rolls
- 2 relish trays
- 2 Jell-O salads
- 4 pies
- 2 gallons of milk
- 2 gallons of cider

All volunteer positions needed for the day have been filled.

Christmas

Sorry to be rushing the season, but we can't talk about Thanksgiving without Christmas peeking over our shoulder. The Christmas Day meal is turned over to Tonya Manfrate and volunteers from North Ridge Church, giving the soup kitchen staff a holiday rest.




As in years past, staff and volunteers are planning a special party for soup kitchen guests on **Thursday, December 16, at 4:30**. A superb meal will be prepared and served by volunteers from the Derry schools, gifts are given to each regular guest, and we always hope for a visit from Mr. and Mrs. Santa Claus. **Linda German** has graciously volunteered to coordinate the gifts again this year which is a very much appreciated Christmas gift to the staff! The office will still be the clearing house for the project, so give us a call if you, your family, your church, your group, or your company would like to **sponsor** one or more **gifts** for our regular guests. **(603) 437-2833**. May your holidays be blessed!

Christmas Eve and New Year's Eve

Our regularly scheduled groups will serve a meal at noon.

Matching gifts—and other alternative ways to give

Your company may have a matching gift plan available to you. These are programs designed for you to donate to charitable organizations with a percentage matched by your employer, and many companies even  match dollar for dollar. We would certainly appreciate being the beneficiary for any of these plans. Please check with your company's human resource department to see what is available to you.

On-line giving opportunity

If you like the convenience of on-line giving, Guidestar now offers giving through Network for Good. Guidestar is a nonprofit information system whose purpose is

to link nonprofits with the public sector in a way that promotes transparency. They offer a wealth of information on nonprofits including financial reports so that the public can make informed decisions on giving. You may visit Guidestar for information and on-line giving by going to **www.guidestar.org**.

United Way Giving

Another way to give is through your corporate United Way campaign. Sunshine Soup Kitchen does not have an agency number with United Way, but you can still designate the charity of your choice. Contact the Soup Kitchen office to get our tax . Call or email (437-2833 or director@sonshinesoupkitchen.org)

A sign of the times

Additional tables have been set up and every seat is taken. More plates have been pulled from storage. We are busy!

As shown by *Numbers to Note* (see page 3), Soup Kitchen use is up by about 10%. When we look back in time we see even more growth contrasts.

There was an increase of almost 18% from 2007 to 2008. In 2009, we saw an increase of 28% in the people count compared to 2008. If we compare the year 2005 to 2009, the increase was a whopping 73%. We expect 2010 to be the highest Soup Kitchen use in our history. People are hurting and yes, we are busy.

This means more than numbers to compare. We are recruiting more volunteers and these volunteers are working harder. Often times, the clean-up crews are working past 6:00. May we take this opportunity to thank the volunteers who so faithfully shop, cook, serve and clean. This is your ministry and the Soup Kitchen staff is privileged to serve with you.

For kitchen volunteers

Your cooperation over the last few months is so appreciated. You have all been part of Jackie's introduction to the work world. She has been a ray of sunshine to the staff and guests. Sometimes being the sergeant-at-arms is a difficult role and not so popular, but her diligence has consistently earned us high scores with the Health Inspector. Thank you for doing your part.

Here are some tips to remember that will help expedite the clean-up process:

1. **When using flat roasting or baking trays, do line them with foil.**
2. **Those large pots need almost constant stirring for tomato sauce and cream soups. Many of the pots can be used as double boilers which prevents scorching on the bottoms.**
3. **Promptly at 4:45, make sure two people start on the dish washing. We are using more dishes, so there are more to wash. Keeping up with the soiled ware is better than a mad rush at the end of the day.**

LOOK At this!



Inspired by his pastor, and called by God to respond, Matt Calligardes (on left) saved up \$500 to purchase food to support the Sunshine Soup Kitchen. He took our needs list from the web site and went shopping, purchasing everything on the list. The staff was awestruck by this act of generosity and grace. What father wouldn't grin from ear to ear when posing with his son? This is just one story of how God provides for this ministry. It is so humbling.



Inclement weather notice

Please note! In the event of inclement weather, we will keep the Soup Kitchen open for the benefit of guests who have no way to prepare a meal. Two staff members will have hot soup ready in the office and need only one or two hale and hearty volunteers to help serve and clean up. We make every effort to call all volunteers to let them know, but if in doubt, call the office or check with WZID or WMUR online.



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
Roland Conner
Michael Gagnon
Linda German
Leona Lampro

Sonshine Soup Kitchen

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Phone: 603-437-2833

Email: director@sonshinesoupkitchen
coordinator@sonshinesoupkitchen
Internet: www.soupinderry.org

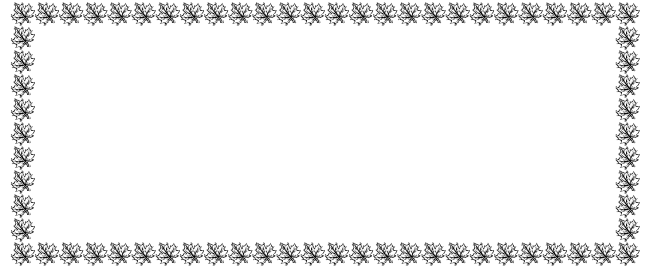
*Office Hours: Monday-Friday, 1-6 p.m.
Meal served at 4:30 p.m., Monday ~ Friday*



Sonshine Soup Kitchen
4 Crystal Avenue #4
Derry NH 03038-2428

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Return service requested



A BIG thank you to these fine restaurants who donated to our Derry Fest raffle.

- Applebee's Neighborhood Grill & Bar
- Brookstone Grille
- Café Teresa
- Chen's Restaurant
- Chili's Grill & Bar
- Clam Haven
- The Coach Stop Restaurant
- Coffee Factory
- Crow's Diner
- Derry Diner
- Derry Restaurant & Pizza
- Givovanni's Roast Beef & Pizza
- J Michaels Family Sports Bar & Pub
- Juliano's
- La Carreta
- Margarita's Mexican Restaurant
- Maryann's Diner-Restaurant
- Mr. Steer Meats
- Ninety Nine Restaurant & Pub
- Pinkerton Tavern
- Rig-a-toni's
- T-Bones Great American Eatery
- USA Subs
- Wasabi
- Weathervane Seafood Restaurant
- Wrap Shak
- The Yard