



Sonshine Soup Kitchen News

Providing a free meal to anyone in need.

November and December, 2011, January and February, 2012



Charitable giving,

in my mind, should not be stressful, painful or fraught with cynicism. This Scriptural quote expresses it well: *Each man [or woman] should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.* (2 Corinthians 9:7, NIV) This verse of Scripture is a good model for a mindset of giving. We all work hard for what we have. I for one, become very uncomfortable when I feel pressured to give of my resources with a “sales pitch” aimed at making me feel guilty or obligated. The harder the sell, the more likely I am to walk away.

I choose to carry out fund-raising for the Soup Kitchen in a very low key manner. The best kind of fund-raising is when both the donor and the donee receive a benefit from the transaction and feel good about it. The Sonshine Soup Kitchen exists because the community sees the need for what is done here, values it, and supports it. Although an effort is made to let the community know of our needs (volunteers, food and money), it is never in the way of a “big event”. We all know that these types of support efforts have their place, but I see them as a drain on time and resources better spent on the mission of this organization.

The thing is, this passive type of fund-raising can become worrisome for the Board, as the primary purpose of any nonprofit board is fiscal responsibility. The Soup Kitchen Board has been working toward a better balance between my faith budget mentality that all our needs will be met and their comfortable assurance that it will happen. Thus you will see a little more overt activity in establishing a more steady stream of reliable income in this newsletter and in future editions.

That being said, I do encourage you, if your heart is in it, to consider coming out to the Weathervane on November 8, the Monarch's hockey game on February 25, and taking advantage of the offer of TD Bank.

~ Cynthia Dwyer



Prayer Concerns

Please join us as we pray for:

- Bible Study on Tuesdays
- C with cancer
- R and M
- C 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)



It comes in threes

A couple of weeks ago while doing a weekly inventory, it hit me that our non-perishable food supply was very low, along with our frozen meats. I started contemplating the next week's menus and how many meals we could make with canned tuna or hot dogs. Then it was 1:00 and time to open the office which meant answering the phone and greeting visitors, and whatever else the day had in store.

Shortly after I opened the office, a father and his two sons walked in. One of the children, Cody, had grown flowers and vegetables all summer in his garden. He offered them to passersby for free and let them know if they did leave money, it would be donated to the Sunshine Soup Kitchen. Well, his flowers and veggies were so beautiful people left donations – for the entire summer. To see this handsome young boy with his bright smile and his bright blue eyes present me with this envelope full of money truly touched my heart.

While Cody and I were still talking, a group of people came in with a huge check. (Literally. See the photo.) They were from the Stonyfield Farm Employee Golf League and had organized a golf tournament to benefit the Soup Kitchen. Not only did they present me with a check, they also collected items from our needs list. I was so surprised and touched at this point, I was almost speechless.

As the day went on, it quieted down, business as usual. Then I heard a knock at the door. A gentleman and his wife walked in. It was their one year wedding anniversary. They explained to me that they were very blessed, not in a monetary way, but in many other ways. They decided instead of spending money on themselves on anniversary presents they would donate to the Sunshine Soup Kitchen. They printed the needs list off the website, and proceeded to purchase several of each and every item on the list. This time I was speechless.

I am frequently reminded that when I feel a sense of concern that the food will run out and what would happen if it did and how many lives would be affected, I need to remember that I am in no way in charge here. None of us are. Only Jesus is, and on this particular day Jesus walked here. Three times in one day I was reminded of this fact and am grateful for the reminder of whose ministry this is.

~ Christine



Thanks to the **Stonyfield Employee's Golf League** for a very successful food drive and tournament that netted \$5,590 on September 11. Holding the check are Christine Fudala, Program Director of the Sunshine Soup Kitchen (left) and Kim Reilly. Standing by, from right to left are Rob Daziel, Matt Desmarais, and Jeff Clark. Not pictured, but deserving of recognition are Steve Foote, Jade MacDonnell, Mark Wride, Carrie Clement, and Sue Melvin. Hidden Valley Golf Park hosted the tournament and Longchamps Electric was a gold sponsor of the event.





The Main Ingredient

Food safety issues are headline news these days. Do you know the most common way food becomes contaminated? It is because of improper hygiene practices of food preparers and servers. The most important thing you can do to ensure the safety of the food we provide at the Soup Kitchen is to wash your hands thoroughly and often.

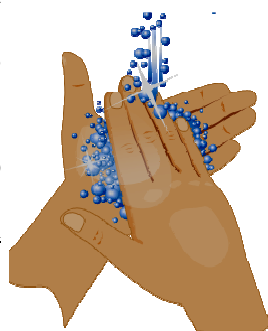
It is important to only use the designated hand washing sink in the kitchen, or the bathroom sink. To wash your hands thoroughly:

1. Use hot water to wet your hands.
2. Apply soap and rub your hands together vigorously for 10-15 seconds (about how long it takes to sing the alphabet song).
3. Make sure to wash between your fingers and around your wrists and thumbs as well.
4. Rinse thoroughly using hot water.
5. Dry your hands using a paper towel. Use the paper towel to turn off the faucet, and to open the door if you are in the bathroom.

Wash your hands often. **Wash** them right after signing in, before preparing or serving food or setting the tables. **Wash** your hands after using the bathroom, after fixing your hair, touching your mouth, nose or eyes, after blowing your nose, or coughing or sneezing into your hands (cough or sneeze into your upper arm instead, facing away from any food).

Wash your hands after handling raw food, making coffee, opening cans, or sorting through the bread table. **Wash** them after handling dirty dishes, after performing a cleaning task, or taking out the trash. **Wash** your hands after eating, drinking, or smoking. **Wash** them after shaking someone's hand, after going out to your car, using your cell phone, or going to the office to get something. When in doubt, wash your hands!

Other important things to do to ensure food safety at the Soup Kitchen include staying home if you are ill or have an infected wound, and maintaining your personal cleanliness. Shower or bathe daily. Keep your nails short and clean. Remove nail polish or fake nails. Wear clean clothes and aprons. Leave rings, bracelets and other jewelry at home because they can harbor



bacteria. Tie back long hair. Do not smoke, drink, chew gum, or eat in food preparation areas. Bandage any cuts. If the cut is on your hand, wear a glove over the bandage at all times. Use gloves when preparing ready to serve food (more about gloves another time).

All of these "suggestions" are actually part of the NH State Code adopted by Derry's Health Department. I know these things seem very basic, but sometimes we get so caught up in getting the meal ready that we forget to follow the basics of good hygiene. *And sometimes we need to remind each other of what we are forgetting to do to keep our guests safe.* Christine catches me rubbing my nose many times when I don't even realize I'm doing it, and tells me "WASH YOUR HANDS!"

Employment opportunity

Sadly, Jackie will be leaving the Soup Kitchen in mid December. Caroline was offered the Office Assistant position which she has accepted. This opens up the **Kitchen Coordinator's job.** If you or someone you know is interested, check out the posted description on our web site. If you think it is a good match for you, send a letter of interest and resume to Cynthia Dwyer.

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 for our 4:30 serving time 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 of the change, but if in doubt, call the office or check with WZID or WMUR online.



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 can be brought to the office during regular office hours (1:00 to 6:00) the day before. The meal is served at noon.



- 2 unstuffed roasted turkeys with drippings
- 2 pans of stuffing
- 2 pans of white potatoes
- 2 pans of sweet potatoes
- 2 pans of green vegetables
- 2 pans of yellow vegetables
- 2 dozen rolls
- 2 relish trays
- 2 Jell-O salads
- 4 pies
- 2 gallons of milk
- 2 gallons of cider
- 5 table cloths
- 40 napkins
- 30 cold cups

- 30 hot cups (see next column for more items)
- 30 sturdy dinner plates
- 30 dessert plates
- 3 centerpieces

Christmas



Sorry to be rushing the season, but we can't talk about Thanksgiving without Christmas peeking over our shoulder. There will be no meal served on Christmas Day, but as in years past, staff and volunteers are planning a special party for soup kitchen guests on **Thursday, December 15, 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 (**437-2833**) if you, your family, your church, your group, or your company would like to **sponsor** one or more **gifts** for our regular guests. These are specific items asked for by individuals.

Christmas Eve and New Year's Eve

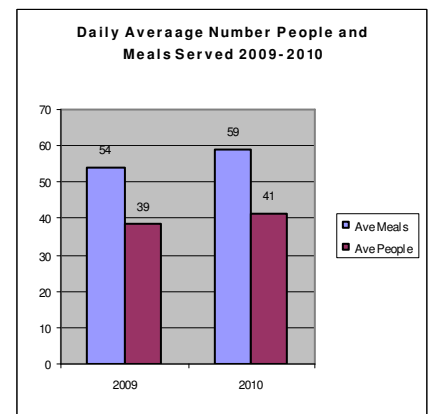
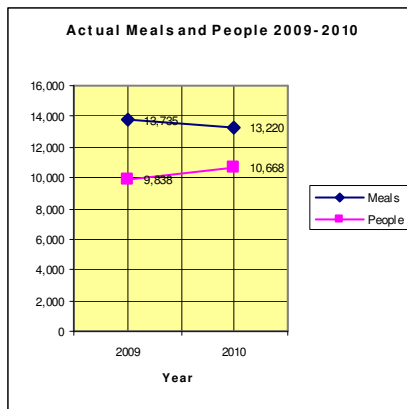
These days fall on Saturdays; the Soup Kitchen will be closed.

May your holidays be blessed!

Numbers to Note

2011 YTD (September, 30)
 Guests served 7,340
 Meals served 11,078
 Average of meals per day 58
 Average people per day 38
 Volunteer hours logged 6,247

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



Current needs

At this time the following items are in short supply. This list is also posted on our web site and updated weekly. Go to www.soupinderry.org to check it out before shopping. Thanks!

- coffee, decaf
- juice mix, sugar free
- pickles
- relish
- salad dressing
- canned fruit cocktail
- canned peaches
- canned pears
- canned pineapple
- gravy
- canned turkey
- canned chicken
- canned ham
- stuffing
- canned beef stew
- canned ravioli
- canned peas
- hearty soups
- individual serving butter cups
- disposable salad bowls
- cold cups
- gift cards to local supermarkets for the purchase of needed menu items



Clothing Needed



Our clothing closet is quite bare. **Clean and 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.

What good is it, my brothers, if a man claims to have faith but has no deeds?

Can such faith save him? Suppose a brother or sister is without clothes and daily food.

If one of you says to him, "Go, I wish you well; keep warm and well fed," but does nothing about his physical needs,

what good is it?

James 2:14-16 NIV



Facing a Deficit in 2011

For the second consecutive year, we are looking at a considerable predicted deficit for the year. Can you consider a monetary donation at this time to help reverse the direction? Donations of any amount are gratefully received and are 100% tax deductible.

Yes, I want to be a supporter of the Sunshine Soup Kitchen!

Name _____
(Personal donor lists are not published.)

Address _____

My donation: ___ \$10 ___ \$25 ___ \$50 ___ \$100, or ___ Other

Special mention page

Thanks to the following businesses who donated gift cards for our Derry Fest raffle.

- ♥ 501 Pizza
- ♥ Amphora
- ♥ Applebee's Neighborhood Bar & Grill
- ♥ Avandi's Family Restaurant
- ♥ Balducci's
- ♥ Brookstone Grille
- ♥ Cactus Jack/T-Bone/Copper Door
- ♥ Café Teresa
- ♥ Chen's Restaurant
- ♥ Chili's Bar & Grill
- ♥ Clam Haven
- ♥ Coachstop Restaurant
- ♥ The Common Man
- ♥ Derry Diner
- ♥ Giovanni's
- ♥ Great American Subs
- ♥ Harold Square
- ♥ How's Your Onion
- ♥ J Michaels Family Sports Pub
- ♥ Juliano's Italian Pizzeria
- ♥ La Carreta Restaurante Mexicano
- ♥ Luciano's Café
- ♥ Magpie Grill & Deli
- ♥ Margarita's Mexican Restaurant
- ♥ Maryann's Restaurant
- ♥ Ninety Nine Restaurant & Pub
- ♥ Polcari's
- ♥ Poor Boy's Diner
- ♥ Rig-A-Toni's
- ♥ Romano's Pizza
- ♥ Sabatino's North



- ♥ USA Subs
- ♥ Village Pizza
- ♥ Wasabi Steak House
- ♥ Weathervane Seafood Restaurant
- ♥ Whippersnappers Restaurant
- ♥ Windham Junction
- ♥ Wrap Shak

A warm welcome

... goes to the **Pay it Forward** group of Londonderry High School who have joined the monthly roster of volunteer groups as well as **Don Hines**, a professional chef, who heads his own group with an eclectic team of volunteers.

We also warmly welcome **Brian Wagner** (Orchard Christian Church Youth Group), **Justine Golden** (St. Thomas Aquinas), and **Christopher Lampe** (New Boston AFB) who have taken on leadership of their groups.

Alas, this means saying good bye to **Christine Sheridan** (St. Thomas Aquinas) and **Graham Buck** (Orchard Christian Fellowship).



Salem Exchange Club presented a check for \$1,000 to Cynthia on August 25. On the left is club president, Larry Vanderventer and on the right is club member Andrew Nelson. We are thrilled that our needs came to the attention of this group of business professionals in Salem NH. If you want more information on them, go to www.salemexchangeclub.org.



Special mention page 2



Volunteer “farmers” at the **Merrill Farm** in Londonderry planted vegetables that were harvested all summer and brought to the Soup Kitchen. Several **other local gardeners** brought fresh, healthy produce for use in meals or to be given to Soup Kitchen guests. What a labor of love.



Upcoming Food Drives

- Stonyfield Farms
- Shaw’s of Derry

Don’t think for a minute that these food drives will fill our shelves and keep them filled. We need your donations as well. If your preferred way of giving is in kind gifts, please check our needs list frequently before shopping. www.sonshinesoupkitchen.org.

Derry Shaw’s hosted a *Cantastic Sale* for the Soup Kitchen in October. Following this will be a drive called *Feed a Family* that will supply us with bags of food ready to distribute as a supplement to pantry foods. These are opportunities for Shaw’s customers to make donations. We are grateful for the help.



CHILI’S® INVITES YOU TO Sunshine Soup Kitchen NIGHT!

With each flyer presented on Sunshine Soup Kitchen Night, Chili’s in Salem will donate 10% of the sales you bring in to your organization. Let us do the cooking and support Sonshine Soup Kitchen of Derry.

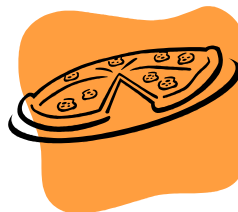
Sonshine Soup Kitchen Night is: July 18th
Monday July 18, 2011 from 10:45am to 11pm



Thanks to Chili’s, Salem for their donation of \$1,260 as a result of this fun summer event.

The clients of **Weightwatchers** of Londonderry collected over 300 pounds of food and delivered it to us in October. Thanks! That’s a whole lot of weight to pass on!

For years, **Juliano’s Italian Pizzeria** (formerly Luisa’s Italian Pizzeria) in Londonderry, provide a pizza dinner for the Soup Kitchen every month. When the economy became strained, the owner needed to let this much appreciated treat go. But it’s back and shared by other generous pizza shop proprietors on a regular or occasional basis. **Giovanni’s Roast Beef & Pizza**, Londonderry, provided meals twice this fall and **Perermo’s Pizza** assisted with a meal. Yum! Pizza! Our guest love it!



Fund-raising that benefits you, SSK, and local business supporters

Second in a series of fund-raising events hosted by local restaurants, is *Seafood Makes Cents* at the Weathervane, 41 South Broadway, Salem, NH. All day, on Tuesday, November 8, the day is dedicated to fundraising for the Sonshine Soup Kitchen. This popular seafood restaurant will donate 20% on all restaurant food sales when diners come in with the enclosed coupon.

Invite your family, your friends, and your neighbors. Let's make it a party! Remember this is for the whole day. Weathervane is open 11 A.M. until 9:00 P.M. Don't forget to bring your coupon!



Seafood Makes Cents!

To benefit

Sonshine Soup Kitchen

Weathervane Seafood Restaurant will donate 20% of your check to this cause.

Date: November 8, 2011

Valid only at Weathervane Seafood Restaurant, Rt. 28 Salem, NH

Present this voucher to your server.

This voucher must be presented at the time of payment on the date listed above. Vouchers must not be distributed in the restaurant or anywhere on the property including parking areas. Distribution on the property will result in forfeiture of all funds.

Restaurant use only: Guest Check # _____

Check Total _____ Mgr. Initials _____

Please note: TOTAL SHOULD NOT INCLUDE TAX OR TIP



Saturday, February 25

Soup Kitchen night

at the Monarchs!

This is a fund-raiser that will earn us \$8.00 for every ticket sold.

All tickets are sold on-line.
(See link below)



<https://www.monarchsjungle.com/sonshine-soup-kitchen>



Here is another exciting opportunity. Come to a Monarch's hockey game. We can earn \$8.00 for every ticket purchased through the special web link set up just for us! The date is Saturday, February 25, right at the end or beginning of school vacations. These tickets would make great holiday gifts or end-of-year tax write-offs.

HELP RAISE MONEY

Sonshine Soup Kitchen (Code: A2904)

Call our Derry Store at 603-432-0382 to become a member of the program

AFFINITY MEMBERSHIP PROGRAM

Open an account at TD Bank and we'll make a contribution to your organization. TD Bank will make an annual contribution based on the average balance in all members' accounts. Checking, savings, money market, CD and retirement accounts are all included in the Program.

Contributions are calculated at 1/2% on checking balances and 1/4% on savings, money market, CD and IRA balances. Members' accounts are not affected in any way by this contribution. Your account balances are used to determine the level of contribution and are kept confidential.

If you are already a TD Bank Customer, visit any TD Bank location and ask to have your balances included as part of your organization's Affinity Membership Program.

**GET
\$25**

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Sonshine Soup Kitchen

4 Crystal Avenue • Derry, NH 03038 • 603-437-2833

director@sonshinesoupkitchen.org • coordinator@sonshinesoupkitchen.org • www.sonshinesoupkitchen.org

Dear Soup Kitchen Supporter:

TD Bank has offered us a new fundraising opportunity called the Affinity Membership Program. There is no cost to Affinity Members, or the Sonshine Soup Kitchen. This is TD Bank's effort to support non-profit groups in the communities they serve. TD Bank would be the contributor of this income, but you have a large part in making it happen.

If you already have an account with TD Bank, you can become an Affinity Member by calling your local store and asking that your account be linked to the Sonshine Soup Kitchen, **code: A2904**. The Sonshine Soup Kitchen would earn 1/2% on the average checking account balance of your account, and 1/4% on the average balance of most other interest-bearing accounts.

If you open a new account with any TD Bank location and tell your banker that you would like your account to benefit the Sonshine Soup Kitchen, they will designate you as an Affinity Member and link your accounts to **code: A2904**. The Sonshine Soup Kitchen would earn the same percentage allowance as described above. TD Bank will even contribute \$25 to YOU to get you started. Most interest-bearing and non-interest-bearing accounts are eligible.

THE NAMES OF AFFINITYMEMBERS AND ACCOUNT INFORMATION ARE NEVER DISCLOSED!

Thank you for considering this great fundraising opportunity for the Sonshine Soup Kitchen.

Sincerely,

Cynthia Dwyer, Executive Director

Sonshine Soup Kitchen



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. Search for Sunshine Soup Kitchen, Derry, NH and open the Soup Kitchen link. Then click on *Donate Now*.

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 us as your charity of your choice. Contact the Soup Kitchen office to get our tax id number.

Meaningful holiday gifts

Do you ever struggle with finding the right gift for those folks on your list who seem to everything? Consider a holiday donation in honor of your friends, co-workers, or family. We will provide a beautiful personalized gift card for you. Please note, we need at least two weeks notice to process these special gifts in time.



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

Linda German, Chairperson
Jane DeRosa, Vice-Chairperson
Richard Cardner, Secretary
Cynthia Dwyer, Executive Director and Treasurer
Atty. Edmund Boutin
Roland Conner
Cynthia Cleary
Michael Gagnon
Margaret Ives

Sonshine Soup Kitchen

4 Crystal Avenue # 4
Derry, NH 03038-2428
Phone: 603-437-2833

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

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





This issue is packed with information you don't want to miss. Here are some items of particular interest.

Saturday, February 25

Soup



**Kitchen night
at the Monarchs!**

**This is a fund-raiser
that will earn us \$8.00
for every ticket sold.**

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See the green flyer inside for details.



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Weathervane Seafood Restaurant will donate 20% of your check to this cause.

Date: November 8, 2011

Valid only at Weathervane Seafood Restaurant, Rt. 28 Salem, NH

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Restaurant use only: Guest Check # _____
Check Total _____ Mgr. Initials _____

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