



Sunshine Soup Kitchen News

Providing a free meal to anyone in need.

November and December, 2012 & January and February, 2013



New beginnings

are on my mind. It might strike you as odd to be thinking about new beginnings after the first frost with the evi-

dence of nature is dying. It's just that I am excited by events and moments in my life that I recognize as new beginnings, for they point to perpetuity, renewal and hope.

The most poignant of these moments was when I came to grips with my grand motherhood. Now, this was some seven years ago, but came to me as an amazing realization that my family was still growing. 30 years ago, I gave birth to my second and last child. As we settled into the apparent final phase of our family development, my husband and I braced ourselves for the childrearing ahead. Through the years, I would sometimes mark a "last-time event" with a sense of, "Well, that part of life is over with." We came to a point when we were done with the Boy Scout thing, attended our last middle school concert, sent first one and then another child off to college and so forth. I hadn't even thought about becoming a grandparent until the news was presented, and even then, it wasn't until that sweet boy was born that I thought, "Hey! We're not done here! More opportunities to attend soccer games, school concerts, and wipe greasy fingerprints off the slider doors." All good stuff.

As life has progressed, other new beginnings opened up in my life like ballroom dancing, maintenance medications (not so good, but necessary), and regular, intentional exercise. I embrace all of these new beginnings wholeheartedly. And two more that really feed my soul are fishing and kayaking. The best excuses for sitting around and doing nothing that I can think of. And, when you do it unplugged (from technology), you are totally alone with your thoughts. I thank my fishing/kayaking buddies (my grandson, my husband and my two adventurous lady friends) for sharing these new loves with me.

Now here is a new beginning that I welcome with joy and trepidation. The Soup Kitchen is looking for a permanent location. The time has come to move out of "our parents'" home into one of our own. More to come on this.

~ Cynthia Dwyer

Prayer Concerns

Please join us as we pray for:

- Bible Study on Tuesdays
- L breaking with the past
- D struggling with major health issues
- P for work
- M, R, and baby L

*I waited patiently for the LORD;
he turned to me and heard my cry.*

Psalm 40:1 (NIV)

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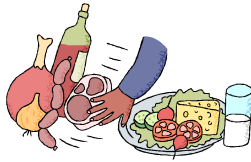
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The Main Ingredient

Healthy Eating

With fall here, we are turning over a new leaf! I am re-vamping some of the Soup Kitchen menus. Although the meals are homemade, and very rarely do we serve processed food, many meals could use a health boost. Therefore, I will be watching for ways to introduce healthier meals and desserts.



No longer will we be serving or sending home sugary desserts. For those of you who bake desserts to bring in, I encourage you to come up with your own healthy desserts, or I can provide you with some recipes. Fresh fruit is one of the easiest I can think of. Of course, once or twice a month, confectionary delights will be offered as a treat.

Sodium is also on the cutting block. Although we cannot remove all the sodium in our meals, we can make a conscious decision to cut it back. For instance, when using canned veggies, drain the liquid from the can and reheat them in tap water. Substitute herbs and spices in sauces and gravy for salt.

The entire staff is excited and hopes by intentionally fine tuning a few menu ingredients and letting our guests know we are doing so and why, this will help them make better choices with their personal eating habits and they will enjoy the benefits for years to come.

I welcome your ideas and recipes. Feel free to email me at sskprogram@myfairpoint.net.

~ Christine

New volunteer groups & changes

We have three new groups that have signed up to serve with our mission.

- ♥ Trinity Assembly of God, a young adult group led by Jen Schultheis.
- ♥ Faith Drive Group, a group of friends, led by Lauren Sullivan.
- ♥ Future Business Leaders of America from Pinkerton Academy, led by Dave Valle.

After more years than we like to count, Suzanne Joudry is stepping down from coordinating drivers for the **Londonderry Women's Club**. Taking over for Suzanne is Carol Demer. Thank you, Carol, and thanks to all of the Club for delivering meals to our home-bound guests for, yes, more years than we like to count.

Two cents is a lot of money

As most of you know, we offer a free clothing closet in our office open to anyone. Recently a woman came in to "shop" with her two grandkids. The little boy, about four years old, found a Spiderman t-shirt for himself. How cool was that? He came to my desk to "check out", dug into his pockets and pulled out two pennies to pay for his shirt. Bless his heart, he was willing to give all the money he had to repay a kindness done to him. Jesus gave an example of such sacrificial giving in the gospels of Mark 12:42 and Luke 21:2. May God help us all to be so generous!

~ Caroline

A view from the kitchen

My first year as Kitchen Coordinator has flown by; it's been exciting and very rewarding. The volunteers I've worked with have been wonderful and I'd like to thank them right here: **thank you!**

This summer we saw an increase in the number of children eating at the Sunshine Soup Kitchen. We make sure to give them and their parents all that we can. In case of a birthday, I have birthday candles ready to go and there's always some special treat on hand to celebrate the day thanks to our generous donors.

Our meals have been generating rave reviews this year. Some of the highlights were barbecue chicken, stuffed pork loin, chili, tacos, lobster mac 'n' cheese, fettuccini with a clam Alfredo sauce, and many others. Our diners never fail to mention how delicious everything is and how grateful they are.

It's been a real pleasure learning how to cook and prepare dinner alongside our volunteers; I've certainly learned a lot about cooking for large numbers of people and improvising for maximum taste and satisfaction. Thank you again to everyone who has helped us and I hope to see you again!

~ Brian

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.sonshinesoupkitchen.org to check it out before shopping. Drop off items during office hours please. Monday through Friday, 1:00-6:00. Thanks!

Food Needed

- Parmesan cheese
- salad dressing
- canned potatoes
- sugar free drink mixes
- canned fruit, all varieties
- instant sugar free Jell-O and pudding
- canned gravy
- canned green or black olives
- stuffing mix
- rice pilaf
- green beans
- creamed corn
- canned mixed vegetables
- canned mushrooms
- chicken broth, low sodium



Supplies Needed

- 3 compartment Styrofoam delivery containers, 9"
- paper towel rolls
- disposable cold cups
- disposable dessert plates,
- disposable soup bowls
- disposable dinner plates
- napkins
- 55 gallon trash bags
- kitchen trash bags
- sponges
- plastic grocery bags

Clothing Needed

We are now accepting fall and winter clothing and footwear, in particular **men's socks and underwear in all sizes.**



Volunteer Opportunities

Looking for a volunteer to pick up food at NH Food Bank in Manchester NH on Thursdays between 3:30 and 5:00. Please call office if you are interested. Lifting is involved and a truck or van would be helpful.



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

2012 YTD (September, 30)

Guests served 7,825

Meals served 11,525

Average of meals per day 60

Average people per day 41

Volunteer hours logged 6,073

Thanks for your support!



Giving and receiving

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

- 501 Pizza
- Amphora
- Applebee's
- Avandi's Family Restaurant
- Cafe Teresa
- Clam Haven
- Coachstop Restaurant
- Common Man
- Giovanni's
- Great American Subs
- Harold Square
- How's Your Onion
- J Michaels Family Sports Pub
- La Carreta Restaurante Mexicano
- Margarita's Mexican Restaurante
- Maryann's Restaurant
- Mr. Steer Meats
- Ninety Nine Restaurant & Pub
- Panera
- Polcari's
- Rig-a-toni's
- Romano's Pizza
- Sabatino's North
- Steve 'n James Tavern
- T-Bones Great American Eatery
- USA Subs
- Weatherwane Seafood Restaurant
- Windham Junction
- Wrap Shak

2012 Greater Londonderry CROP Walk

Our appreciation goes to Londonderry United Methodist Church, St. Peter's Episcopal Church and all who participated in this event. CROP Walk is an annual fundraiser to help in alleviating hunger locally and worldwide.



Thanks to Walmart for including SSK in their grand opening in September with a \$500 grant and an additional \$500 gift after the event.



Second year running, the Stonyfield Employee's Golf League designated the event proceeds and food drive to the Sunshine Soup Kitchen.

See that little jug sitting on the counter? There was some \$2,100 was dropped in there over this summer season at Clam Haven. That's a lot of clams!



Thanks, Hampshire First!

Document Shredding Day Privacy & security made simple

Professional shredding & disposal from Northeast Record Retention. Non-perishable food will be accepted to support the Sunshine Soup Kitchen.

Londonderry — 68 Nashua Road (Apple Tree Mall)
Saturday, Oct. 20th 9:00 am–12 noon



You may say to yourself, "My power and the strength of my hands have produced this wealth for me." But remember the LORD your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your forefathers, as it is today.

Deuteronomy 8:17,18 (NIV)

More giving and receiving

50 member goal achieved with TD Bank!

We will never know who you are but thank everyone who coded their TD Bank accounts to benefit the Sonshine Soup Kitchen. The Soup Kitchen will earn ½% on the average checking account balance of all coded accounts, and ¼% on the average balance of most other interest-bearing accounts, receiving an annual check from TD on the anniversary of meeting our 50 member goal.

If you meant to do this, it is not too late. This is an on-



going community involvement program offered by TD. You can code your account at any time by stopping in to your local office or calling in. Any TD location will do this for you. Even better, if you don't have an account yet, consider opening one. The Soup Kitchen will accrue additional benefits from TD and YOU will receive \$25 to open any non-interest bearing account.

We do know that a special effort was made by Get in Step Dance Studio of Bedford, J Michaels Family Sports Pub, and SNH Jazzercise of Hudson to promote the program.



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 now available

If you like the convenience of on-line giving, we now have an account with **PayPal** and a **link** on the Soup Kitchen web site. Click on the sidebar called *Donation Information* and then *PayPal Donations*.



United Way Giving

Another way to give is through your corporate United Way campaign. Sonshine 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 if required by your company.



Meaningful holiday gifts

Do you ever struggle with finding the right gift for those folks on your list who seem to have 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 for holiday giving.

Keeping SSK healthy

Just as we are making menu changes for the health of our guests, your donations keep the organization financially healthy. Now more than ever SSK is in need of solid, sustained support. Please consider giving on a regular basis just as you do to other ongoing charities whose missions match your value system.

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

Name _____
(Personal donor lists are not published.)

Address _____

E-mail address _____



My donation:
_____ per year _____ per quarter _____ per month
_____ \$10 _____ \$25 _____ \$50 _____ \$100 _____ Other

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. Please use disposable pans, 9 x 13 in size. 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 vegetable 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 and New Year's

Sorry to be rushing the season, but we can't talk about Thanksgiving without Christmas peeking over our shoulder. The Soup Kitchen will be closed on Christmas Day and New Year's Day, but as in years past, staff and volunteers are planning a special party for Soup Kitchen guests on **Thursday, December 20, 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 serve as Chief Elf coordinating 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

The Soup Kitchen will serve a noon meal on the "Eves". Volunteers will be needed from 10:00 a.m. until

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.com, WMLL.com or WMUR.com on-line. Or go to www.sonshinesoupkitchen to view our closing updates.

November 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Oct 29	30	31	Nov 1	2
			G: Forest Group L: Dave Forest	G: OCF Youth Group L: Brian Wagoner
5	6	7	8	9
G: Longmeadow Ch L: Sylvia Moher	G: LPC/OCF L: Brenda Bach L: Maury Davidson	G: Braje Group L: Dennis Braje Upper Room	G: St. Anne's L: G. Sedensky	G: Windham Bible L: Michelle Ohlson
12	13	14	15	16
G: St. Jude's Church L: Jean Manley	G: Messina Group L: Moe Messina WCCTW Grp.	G: Pay It Forward L: Katie Sullivan	G: Derry Teachers L: Serina Levine	G: Chester Congo. L: Charlie Lindsey
19	20	21	22	23
G: Faith Drive Group L: Lauren Sullivan	G: St. Annes L: G. Sedensky	G: Holy Cross L: Sally Dion V: Pat Hubbs	Thanksgiving Day	G: Longmeadow Church L: Carol Casper
26	27	28	29	30
G: Don Hines Group L: Don Hines	G: FBLA L: Dave Valle	G: L'Derry Rotary Club L: John Timmeny	G: St. Thomas Aquinas L: Justine Golden	G: Church of Trans. L: Tracy Barbour

December 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Dec 3	4	5	6	7
L: Diane Swinarski St. Jude Youth	G: LPC/OCF L: Brenda Bach L: Maury Davidson	G: Braje Group L: Dennis Braje Upper Room	G: Forest Group L: Dave Forest	G: OCF Youth Group L: Brian Wagoner
10	11	12	13	14
G: St Mark's Church L: Rita Gorman	G: Moe Messina L: Moe Messina WCCTW Grp.	G: Pay It Forward L: Katie Sullivan	G: St. Anne's L: G. Sedensky	G: Windham Bible L: Michelle Ohlson
17	18	19	20	21
G: St. Luke's L: Kim Champoux	G: Calvary Bible Ch L: Linda Smith	G: L'derry United Mth L: Cyndy Cleary V: Pat Hubbs	G: Derry Teachers L: Serina Levine	G: Chester Congo. L: Charlie Lindsey
24	25	26	27	28
G: First Parish L: Margie Ives	Christmas	G: L'Derry Rotary Club L: John Timmeny	G: Hampstead Congo. L: Ellen McCune	G: Knights of Columbus L: Mike Gagnon

January 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Dec 31	Jan 1, 13	2	3	4
	New Year's Day	G: Braje Group L: Dennis Braje	G: Forest Group L: Dave Forest	G: OCF Youth Group L: Brian Wagoner
7	8	9	10	11
G: Longmeadow Ch L: Sylvia Moher	G: Messina Group L: Moe Messina	G: Pay It Forward L: Katie Sullivan	G: St. Anne's L: G. Sedensky	G: Windham Bible L: Michelle Ohlson
14	15	16	17	18
G: St. Jude's Church L: Jean Manley	G: St. Annes L: G. Sedensky	G: Holy Cross L: Sally Dion	G: Derry Teachers L: Serina Levine	G: Chester Congo. L: Charlie Lindsey
21	22	23	24	25
Faith Drive Group Martin Luther King Day	G: FBLA L: Dave Valle	G: L'Derry Rotary Club L: John Timmeny	G: St Luke's Methodist L: Kim Champoux	G: Longmeadow Church L: Carol Casper
28	29	30	31	Feb 1
G: Don Hines Group L: Don Hines	G: Ararat Church L: Matt Peters	G: New Boston AFS L: Christopher Lampe	G: St. Thomas Aquinas L: Justine Golden	

February 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 28	29	30	31	Feb 1
				G: OCF Youth Group L: Brian Wagoner
4	5	6	7	8
L: Diane Swinarski St. Jude Youth	G: LPC/OCF L: Brenda Bach	G: Braje Group L: Dennis Braje	G: Forest Group L: Dave Forest	G: Windham Bible L: Michelle Ohlson
11	12	13	14	15
G: St Mark's Church L: Rita Gorman	G: Moe Messina L: Moe Messina	G: Pay It Forward L: Katie Sullivan	G: St. Anne's L: G. Sedensky	G: Chester Congo. L: Charlie Lindsey
18	19	20	21	22
G: St. Luke's L: Kim Champoux	G: Calvary Bible Ch L: Linda Smith	G: L'derry United Mth L: Cyndy Cleary	G: Derry Teachers L: Serina Levine	G: Knights of Columbus L: Mike Gagnon
25	26	27	28	Mar 1
G: First Parish L: Margie Ives	G: FBLA L: Dave Valle	G: L'Derry Rotary Club L: John Timmeny	G: Hampstead Congo. L: Ellen McCune	

Have a seat!

About one year ago, we asked for donations to purchase new folding chairs. We collected enough to buy 25 very sturdy chairs with 10-year warranties. Thank you generous donors.



In Memoriam

Families who value the work carried out at the Sunshine Soup Kitchen often designate memorial gifts to support the ministry. We now have an appropriate way to give honor to these families and their loved ones. Thanks to Anna Dwyer for the design now hanging in the office.

The Sunshine 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

Sunshine Soup Kitchen

4 Crystal Avenue # 4
 Derry, NH 03038-2428
 Phone: 603-437-2833
Office Hours: Monday-Friday, 1-6 p.m.
Meal served at 4:30 p.m., Monday ~ Friday

Email: sskdirector@myfairpoint.net
sskcoordinator@myfairpoint.net
sskprogram@myfairpoint.net
 Internet: www.sonshinesoupkitchen.org



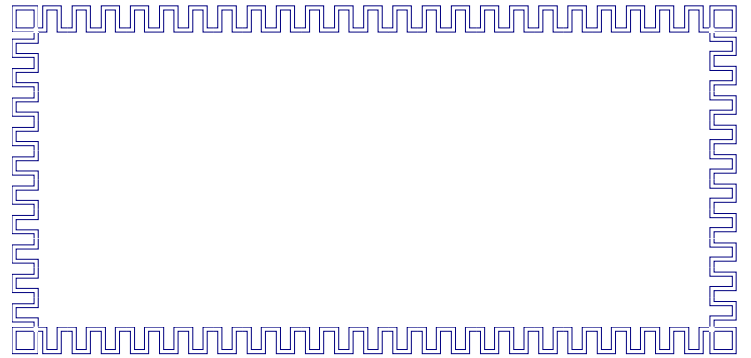
SSK Staff

- Cynthia Dwyer, Executive Director
- Christine Fudala, Program Director
- Caroline Schulze, Office Assistant
- Brian Gallagher, Kitchen Coordinator

Sonshine Soup Kitchen
4 Crystal Avenue
Derry NH 03038-2428

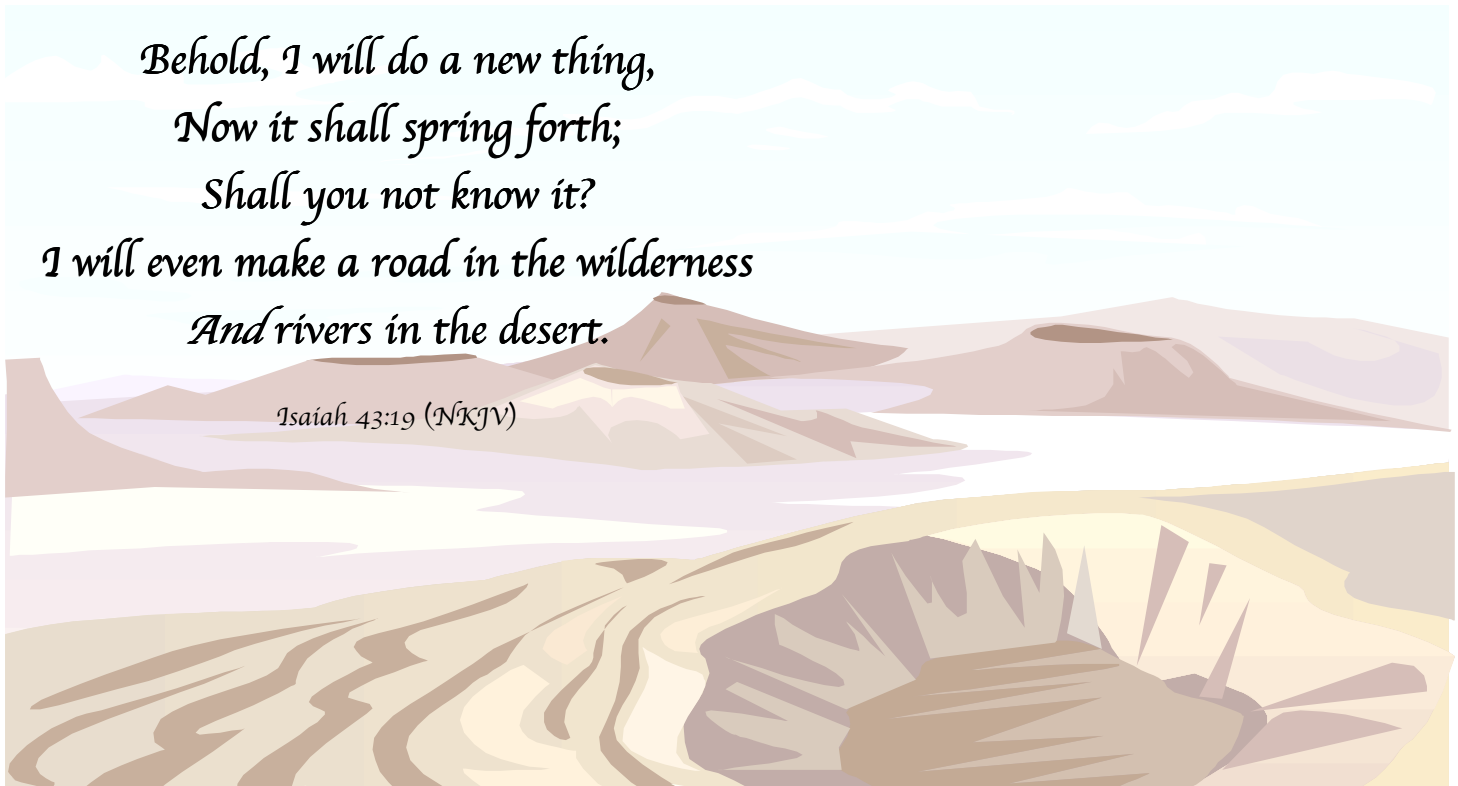
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PERMIT #66

Return service requested.



*Behold, I will do a new thing,
Now it shall spring forth;
Shall you not know it?
I will even make a road in the wilderness
And rivers in the desert.*

Isaiah 43:19 (NKJV)



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