



# Sonshine Soup Kitchen News

Providing a free meal to anyone in need.

JULY, AUGUST, SEPTEMBER, & OCTOBER 2015

## Voices from the dining room

The heart of our community is our guests. If you've volunteered, or sat down to share a meal with them even once, all the stereotypes will fall away. They are loyal to us and one another, they are respectful and protective of the Sunshine Soup Kitchen because it is their place. We wanted you to hear them, so we handed out a poll. What follows are their voices, how they see the Sunshine Soup Kitchen.

We asked, "**How long have you been a part of the Sunshine Soup Kitchen community?**" Their answers varied from someone who was there for the very first time, to many who have been a part of us for years, one guest has been coming for 25 years!

When we asked, "**What keeps you coming back?**" They responded with the concrete "the need to eat" as well as "nice servers, good food," to "helps me save money on my monthly bills" to "the friendship and camaraderie of others that have hit a hard rock in life." Several expressed that they come back because of the goodness and kindness of those who serve. To which we say, "Right back at ya!"

We asked, "**What is your favorite meal?**" We have a large number of creative people who cook the meals, many have been part of the Sunshine Soup Kitchen community for many years as well. The meals vary according to the donated food we have on hand, but many of those who cook have their signature dishes. Our guests know when their favorite ones will appear on the schedule. There is a marked change in the atmosphere in the dining hall on those nights, a heightened anticipation, and the seconds are handed out as fast as they can be filled until the pot is empty. Their responses to what their favorite meal was included their gratitude for "everything" but the meal that seemed to be most popular was meatloaf. It's the epitome of comfort food, and comfort

is certainly part of what we try to offer here.

When asked, "**What they would change about the Sunshine Soup Kitchen?**" one guest thought "more hot soup" would be an improvement, others didn't think we ought to change anything, others hoped that a homeless shelter might become available in Derry. Some thought that "if there were less rush and more thinking about our Lord, not so much on the food, more on friendship." One guest yearned for a "place of our own," as do we.

Finally, we asked, "**What do you think people should know about Sunshine Soup Kitchen?**" One guest wanted others to know that it "helps us a lot." One said that people should know that "it is good and pleasant here." Another amplified, "this is a nice and clean Christian environment, the staff is very nice and so are the volunteers." One guest wanted others to know "that this is a great place of hope." And, finally, my own favorite, a guest wanted others to know that this is the "best kitchen in New Hampshire!"

~Ray Bonin  
Office Assistant

## Table of Contents

<u>Board of Directors</u>	5
<u>Board Changes</u>	5
<u>Build to FEED</u>	2
<u>Current needs</u>	4
<u>Data updates and e-mail</u>	4
<u>Group changes and recognition</u>	4
<u>Important notices for volunteers</u>	3
<u>The Main Ingredient</u>	2
<u>Matching gifts</u>	3
<u>Numbers to note</u>	4
<u>Prayer concerns</u>	2
<u>Voices from the dining Room</u>	1
<u>Sonshine Soup Kitchen Mission</u>	5
<u>Sonshine Kitchen Wall of Fame</u>	5
<u>TD Bank Affinity Program</u>	3

## THE MAIN INGREDIENT



### To wash, or to dispose, that is the question.

Any one who has volunteered this spring has seen staff wrestling with our dishwashing system. One minute you see Christine; the next her head is under the sink. Then I show up with a flashlight, check gauges, switches and valves, grit my teeth and announce, in unison with Christine, "Paper today."



Five years

ago, we discovered that the process we were using to wash the dishware was not only outside the standards of State health code, but plain unsafe for our diners because the ware was not being sanitized in the process. After experimenting with some tedious chemical processes, we settled in on using a hot water process. This meant the installation of an appliance under the sink to heat the dishwasher rinse water hot enough to meet code. Worked like a charm for a year. Then it was one repair after another with an overall price tag that had the Soup Kitchen Board members gritting their teeth, not to mention time and effort expended by staff troubleshooting the problem. But still, it was cheaper and more responsible than using consumables. It's also more honoring to our guests to be served their spaghetti on a china plate instead of a soggy paper plate.

Then this year it all started up again. The booster was showing signs of being in a state of failure. We started problem solving the issue asking plumbers, electricians, and engineers for advice. There were several opinions on the solution and no real consensus or plan until Rych walked into the office one day like an answer to prayer.

Rych is the chief cook and bottle washer for Parkland Medical Center's food service operation. (Actually, his title is much more impressive, but he probably feels this way at times.) He was so helpful by checking out the system and pulling in some resources for us. The man has clout! He is Parkland's liaison for us in the way of community support. We think he's an angel.

At this time we are looking into installing an under-counter dishwasher or using a chemical sanitizer, but not disposable ware which would cost way too much and make our ecology minded supporters wear frowny faces.

On a different note, a more obvious change in the kitchen visible only to the kitchen volunteers, is a reconfiguration of several of the drawers that house Soup Kitchen tools and utensils. Two columns of drawers that have been deteriorating for years were replaced with open shelving. The purpose is to give easier access to commonly used items without wrestling with sticky drawers. We did it for YOU, volunteers!

~ Cynthia

(For Christine who is too busy checking quotes to write.)

***You will cry out for help and he will say,  
"Here am I."  
Isaiah 58:9b NIV***

## Prayer concerns

Please join us as we pray for:

- Victims of the heroin epidemic and their families
- Pat F struggling with illness
- E whose marriage is in crisis
- Weekly Bible study group
- Guidance in finding a new Soup Kitchen home

I sought the LORD, and he answered me;  
he delivered me from all my fears.

Psalms 34:4 (NIV)

## Build to FEED

Finding the right building has been a bigger challenge than we anticipated when the building campaign was launched in 2012. The biggest obstacle is a location with either adequate on-site parking or close to municipal parking. But the Soup Kitchen Board is not sitting idle. We have increased the frequency of our meetings and are equipping ourselves for a more focused campaign. We are in need of more help. If you have experience in building/capital campaigns or have an interest in seeing this project to completion, please contact Cynthia or any Board member.



## TD Bank Affinity

Last year we received a check from TD Bank in the amount of \$1,200. This program works! This is an ongoing program to provide funding for the Soup Kitchen. They provide the funding if you code your account. If you have not already coded your existing account(s), PLEASE DO IT TODAY! Sonshine Soup Kitchen, code: A2904.

The names of Affinity members and their account information are never disclosed.



## Matching gifts—a good idea!

Many companies have a matching gift plan available to employees. 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. **+\$=\$=\$\$**


### 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 choice. Call (437-2833) or e-mail (director@sonshinesoupkitchen.org) the Soup Kitchen office to get our tax number.

### On-line giving opportunity

Do you like the convenience of giving with a **PayPal** "click"? The Sonshine Soup Kitchen now has a link to PayPal right on our website. How easy can it be to give?

## ↓ Important notices for volunteers ↓

Remember, for your safety **no open-toed shoes** are allowed in the kitchen or dining room. Also remember to dress appropriately for a food server — **no tank tops, midriff tops or low necklines, yoga pants or short shorts.** 

## Goodbyes are always hard

We are sad to see Hampstead Congregational retire their longtime night after serving since 1999.

Jane DeRosa served as leader of this group, as well as longtime Sonshine Soup Kitchen Board Member and President. She was a joyful addition to our meals program, and a blessing to this ministry.

Our guests, volunteers and staff will miss your presence here. We wish you all well, and hope you stop by to visit!!

## Volunteers needed

We need chefs on June 23, July 16, July 28, August 12, 20, 27. No puffy hat required. If you call yourself a cook, you'll do. We have a serving crew all set. Please call the office for more details.



Don't forget, go to [www.sonshinesoupkitchen.org](http://www.sonshinesoupkitchen.org) to view volunteer calendars.

The Soup Kitchen will be closed on September 7. in celebration of Labor Day.

## Current needs

- Canned applesauce
- Canned fruit cocktail
- Canned peaches
- Canned pineapple
- Canned Mandarin oranges
- Canned pears
- Canned peas
- Canned beets
- Canned mushrooms
- Pickles
- Salad dressing
- Canned spinach
- Vegetable oil
- Olive oil



### **Clothing**

- Casual summer clothing, all sizes and genders
- New underwear, all sizes
- New socks, all sizes



### **Other**

- Paper towels
- Paper/plastic disposable salad bowls
- Disposable plastic flatware
- Sturdy paper diner plates
- Paper dessert plates
- Coffee maker filters, commercial size
- 55 gallon barrel liners
- 13 gallon trash bags
- Multipurpose copier paper

### **Personal Care Items**

- Deodorant
- Soap
- Toothpaste
- Toothbrushes
- Shampoo
- Conditioner
- Hand cream
- Bug spray (Off, Repel)
- Sun screen



## Practical learning and healthy eating

The Londonderry Middle School is donating an abundance of fresh produce from their summer garden. The garden is located on the school's campus each year planted by the 7th grade health class students. All of the food grown is organic: no pesticides or herbicides have been used. The food has been washed, weighed, bagged and brought to us for the enjoyment of our guests. And did we mention that each ounce has been produced with love? We thank the students and Kurt Gualtieri, the Health Educator from Londonderry Middle School.

## Numbers to note

	<u>5/31/14 YTD</u>	
Guests served		3,817
Meals served		5,778
Average meals per day		57
Average people per day		38
Volunteer hours logged		3,569
	<u>5/31/15 YTD</u>	
Guests served		3,456
Meals served		5,326
Average meals per day		53
Average people per day		34
Volunteer hours logged		3,370

## Data updates and e-mail

Up-to-date information is important to us, so if you change your address, phone number or e-mail address, please let us know. 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. Call 437-2833 or e-mail [office@sonshinesoupkitchen.org](mailto:office@sonshinesoupkitchen.org).

If you would prefer electronic delivery, send us an email and use "subscribe" as your subject. In the message, tell us who you are and what address to remove from our post mailing list. For each newsletter we do not mail, we save up to \$.30.

## SSK Wall of Fame



Our Trinity Assembly of God volunteers love their volunteer appreciation gifts.



## Board changes

At the 2015 Annual Meeting, the Soup Kitchen Board welcomed two new members for three-year terms: **Jan Daigle** of Derry and **Lloyd Wagoner** of Londonderry. **Linda German** was re-elected to a three-year term, and **Margaret Ives** graciously agreed to serve again for a two-year term.

New members bring new ideas and new enthusiasm. Members of long duration provide history and experience. The Board currently is served by 12 dedicated volunteers.

Do you want the absolute latest  
in Soup Kitchen  
news?



## 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  
Brenda Bach, Vice Chairperson  
Gail Colglazier, Secretary  
Cynthia Dwyer, Executive Director  
Atty. Edmund Boutin  
William Carlisle  
Cynthia Cleary  
Jan Daigle  
Margaret Ives  
Janice Mobsby  
Greg Smith  
Lloyd Wagoner

## Sonshine Soup Kitchen

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[office@sonshinesoupkitchen.org](mailto:office@sonshinesoupkitchen.org)

Internet: [www.sonshinesoupkitchen.org](http://www.sonshinesoupkitchen.org)

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





Sonshine Soup Kitchen  
4 Crystal Avenue  
Derry NH 03038-2428

NON-PROFIT ORGANIZATION  
US POSTAGE PAID  
DERRY NH 03038  
PERMIT #66

Return service requested.



# Sonshine Soup Kitchen News

## 2015 Summer/Fall Edition



### IN THIS ISSUE:

- ★ VOICES IN THE DINING ROOM
- ★ BOARD CHANGES
- ★ VOLUNTEER UPDATES
- ★ CURRENT NEEDS
- ★ TO WASH OR TO CONSUME
- ★ LOTS MORE!

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