



The St. Susan Scoop

Sharing the News and Needs of Jamestown's Soup Kitchen

Summer 2009

!

NEW

DATE

for

**EMPTY

BOWL

LUNCH**

details

inside

Blind to all Limitations

St. Susan Center will participate in a program organized by Anne Plyler, Special Projects Librarian with the Prendergast Library, which will bring library services to the soup kitchen's guests. The goal is to help acquaint those who may be unfamiliar or uncomfortable with the library's services and technology in a place where they feel more comfortable, such as the soup kitchen's dining room. Bringing the library to the soup kitchen will help the library connect with a population that is often inaccessible and it will open up a whole new world of opportunities for the Center's guests.

The soup kitchen is thrilled to be involved in this program, as the director of St. Susan Center puts it, "*Books are blind to all limitations, economic, physical and otherwise. They can take a person wherever he or she needs and wants to go. We definitely want to be a part of that.*"



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A Special Presence in the Community

Three years ago this July 10th, St. Susan Center served its first meal from its new home on Water Street. The relocation was a milestone event for the soup kitchen, which led to new challenges and greater opportunities. Aside from providing better food to a greater number of individuals, St. Susan Center began connecting with the people we serve in ways that were previously impossible.

St. Susan Center's doors are open to all, but providing food was all the soup kitchen could do. Our focus is still the nutritional needs of our guests, but we now have the opportunity to hear about the other challenges they face. We can do this now, because we have a person on staff who greets each guest, who listens to their troubles and cares deeply about their well-being. Sue Colwell is our staff coordinator and she is truly meant for the work she does. She will not stop until she has made every call, asked every agency, turned over every stone, to help make life a little easier for each person who walks through St. Susan Center's doors. And she begins it all with a sincere smile and a happy hello.

The people Sue helps are young people with no home, the elderly with no medicine, women seeking safety for themselves and their children, and many, many others. While the Center cannot directly provide the answers to these difficulties, Sue helps connect each guest with the agencies that can. The soup kitchen has a stronger presence in the community and our community is stronger, thanks to Sue.



Celebrating Special Souls and Important Events...

St. Susan Center is often the recipient of donations made in memory of loved ones or in honor of someone's birthday or significant event or in recognition of a special service. These gifts do so much. For many donors, they bring lost loved ones a little closer. They tell honorees that they are loved. They turn special memories into important meals for the poor. These gifts go straight to the heart of our mission... sharing. We share our memories, our gratitude and our food and we - everyone one of us and the entire community - are all the richer for it. The following gifts were received during April, May and June.

In memory of...

- ♥ Ray Albaugh ♥ Dale Bartholomew ♥ Mary Barton ♥ Domenica "Millie" Cafaro
- ♥ Kathleen Calanni ♥ George Campbell ♥ Martha Jane Kolstee ♥ Anthony Landy
- ♥ Lyle Matteson ♥ Ernie Miller ♥ Margaret Nies ♥ Donald L and Elaine Niles
- ♥ Alice Willig Pressing ♥ Andrew J. Reil ♥ Susan Shiminitz

In honor of...

- ♥ Renate Bob ♥ Sara DeMink ♥ Falconer Public Library ♥ Mr. and Mrs. Stanley Long Jr.
- ♥ Sue Seamans ♥ Fletcher Ward ♥ Beverly and Gerald White

Kitchen Mix

Good Grilling Advice

The Food Bank of WNY provides a great deal more than food to Western New York pantries, soup kitchens, shelters and kid's cafes. The staff works hard to keep all member agencies up to date on the most secure food handling procedures, food recalls, recipes, and more.

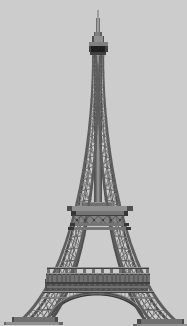
Now that summer's here, the Food Bank offers the following grilling guidelines:

Food	Time	Temperature*
Chicken breast	5-6 min per side	160°-165°
Hamburgers	5-6 min per side	155°-160°
Fish fillet	3-5 min per side	140°
Vegetables**	4-5 min per side	Heated through
Fruits**	4-5 min per side	Heated through

* The temperature referred to here is the temperature the food will be when it is ready to eat. Use a small meat thermometer to test.

** These guidelines apply to most fruits and veggies.

A Bit of French Culture...



In France, to let restaurant staff know that you are finished with your meal and your dish may be removed from the table, you simply place your fork on your plate, with the tines curved toward the plate. Just be careful not to set your fork down in that position before you are done!

Bon appetit!



GET YOUR FRUIT FIX...

**2 CUPS A DAY,
EVERY DAY!**

**Check us out at:
www.stsusancenter.org**



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Empty Bowl Lunch new date...

Wednesday, August 5th

The relentless rain prevented St. Susan Center from holding its second annual Empty Bowl Lunch in Bemus in June, but it didn't dampen the spirits of all who were planning to provide the soups, music, space, prizes and more! And, it hasn't deterred the countless groups, families and individuals who say they will adjust their calendars and come out in support of the soup kitchen on the new date, Wednesday, August 5th. Same time - from 5:30 pm to 8:30 pm; same place - next to the Italian Fisherman. Won't you join us? Your \$10 donation will help fill the plates and bowls of the neediest in our community with wholesome food.

Your ticket will also provide you with a tantalizing selection delicious soups to choose from, a keepsake bowl from Bemus Point Pottery (for the first 200), a great night of entertainment and a special 20% discount on one item at local shops, including Bemus Bay Children's Shoppe, Bemus Point Pottery, Chautauqua Cottage Antiques, Chautauqua Treasures, The Front Porch, Gypsy Moon, Petals & Twigs, Six Main Gifts, Skillman's, and The White Picket Fence. Pepsi products and strawberry shortcake will also be available.

The evening's festivities will include great sounds from the floating stage furnished by the Bluegrass/Funk/Americana Steve Johnson Band. A Chinese auction will be held for prizes from Chautauqua Suites and Ready About Sailing, valued at \$250 and higher. This event is made possible through the generosity of Dan Dalpra of the Italian Fisherman, Andy Dawes of Bemus Point Pottery, Pepsi Bottling Company, SKF Aeroengine, Alliance Advisory Group, Compass Consultants and, of course, all the wonderful restaurants that will provide the soup! For a complete listing of participating restaurants and the soups they will serve, please visit our website at www.stsusancenter.org. See you in Bemus!

St. Susan Center by the Numbers

Meals Served

Jan-June 2008	32,840
Jan-June 2009	<u>38,518</u>
Difference	5,678

An Increase of 17.3%!

Non-duplicated guest count, one day in June:

- 17 Infants
- 92 Children
- 283 Adults
- 39 Seniors

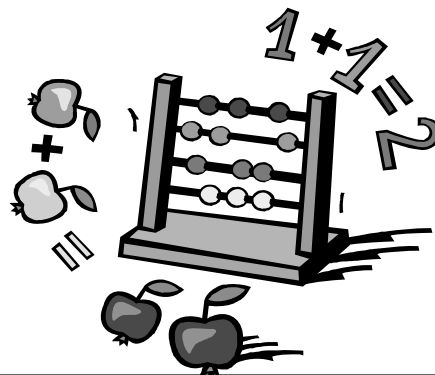
Every age category has increased, but the greatest increase is in the number of infants we are serving.

Financial Challenges

Individual contributions in 2009, compared to 2008...

Jan-June 2008	\$52,754.69
Jan-June 2009	<u>20,336.28</u>
Difference	(\$32,418.41)

A decrease of 61.45%!



New Partnerships

Looking at the numbers to the left, it is easy to see that the soup kitchen is facing significant challenges. If it weren't for the wonderful people who run the following companies locally, we would not be keeping up with the daily need for food:

- Sam's Club
- Busti Cider Mill
- Stroehmann's
- Anderson Produce
- Tom's BBQ Pit
- Elegant Edibles
- Quality Markets
- Big Lots
- Bulldog Barbecue

The New Nonprofit Necessity

The current economy is effecting nonprofits in more ways than operating income. Foundations and other grant makers have less to give, making the competition for each dollar far tighter. Nonprofits will be held to stricter guidelines by funders, the IRS and the communities they serve. To ensure the best possible outcome, funding will surely follow the healthiest path.

The outward signs of a healthy nonprofit are clarity and transparency. Clarity is more than a concise mission statement. It is the recognition of all stakeholders and a plan to meet the needs of each. Transparency is more than the regular issuance of an annual report; it's the appropriateness of day-to-day operations and the engagement of all prudent checks and balances. The best possible tool to bring a nonprofit into both clarity and transparency is a comprehensive business plan; it is also the best tool for keeping it there.

A comprehensive business plan contains more than a marketing plan and timeline. It is more than a list of goals. A truly comprehensive business plan tells the entire story of an organization - history, purpose, structure, vision, challenges, strengths, policies, procedures, philosophies and more. The creation of an effective business plan requires in-depth research and discussion, employing every person involved in the nonprofit's activities. This process, although challenging and often time-consuming, is every bit as important as the business plan itself. The result is a healthier organization.

The state of the economy is forcing nonprofits to work harder for a smaller piece of the pie, but long after the economy improves, the new standard of nonprofit governance and performance will remain. Nonprofits will be healthier overall and the resources of the communities they serve will be protected. Ultimately, those who are committed to excellence will benefit from the challenge of today's economy.

Women Age 40 and Over

Members of the Chautauqua county Department of Health will be on hand at St. Susan Center on Wednesday, July 29th, to share information about mammograms. Each woman who takes the time to answer a few questions will receive a gift and find out how they may qualify for a free mammogram.



Special Thanks to our Special Friends

Quietly and consistently, the people of **St. Luke's Episcopal Church** have opened their hearts and stretched out their hands to the Greater Jamestown Community. St. Susan Center has been particularly blessed to be a beneficiary of their good works and it has made an enormous difference for the soup kitchen and, more importantly, for those we serve.

Thank you so much!!!

Good Deeds at Fletcher Elementary

Three young girls from Fletcher Elementary School - Alyssa Bruce, Mackenzie McWilliams and Amanda Johnson - asked their teacher, Ann Marie Phillips, if they could have a school-wide coin drive to help St. Susan Center. Once they received permission, the girls made posters, canisters, produced a video segment about helping the soup kitchen that appeared on "AM Fletcher" and talked it up throughout the school. Mrs. Phillips was impressed by the girls' commitment and enthusiasm. Of course, the project would not have been possible without Mrs. Phillip's guidance and the support of the school faculty and staff.

The school raised a total of \$820 and, as they were interviewed by Mark Goshgarian for Time Warner Cable's evening news, one of the girls suggested, "We should do this again next year." Whether it is St. Susan Center or another worthy cause, let's hope their enthusiasm for helping lasts throughout their lives.

Volunteers Make Our Day... so we're giving them one of their own!

Every meal made at St. Susan Center is served by a volunteer, without whom the Center simply could not survive.

In celebration of our volunteers, the soup kitchen will hold a special dinner at Roberto's at the Ironstone on Tuesday, September 15th. All volunteers who have served 20 or more hours between September 1, 2008 and August 31, 2009 are invited. The evening will feature special entertainment, fun surprises and presentation of the annual Sarah R. Pollaro Exemplary Volunteer Award. The award is given in recognition of exemplary service, personal conviction and loving kindness.

Reservations are required and must be received by Friday, August 28th at noon. For more information, please contact Sue Colwell at 664-2253, Ext. 2.

Past recipients of the Sarah R. Pollaro Exemplary Volunteer Award include:

- 2005 - Sarah R. Pollaro (*the award's inspiration*)
- 2006 - Clifford Barnes
- 2007 - Charles "Chuck" Geiger
- 2008 - Cindy and Darryl Hinsdale
and "Ernie" Miller (*posthumously*)

**BPU Drive an Important Effort,
A Wonderful Success**

St. Susan Center received \$11,000 as a result of the Board of Public Utilities' Cents for St. Susan Drive. These funds are extremely important at this time, as donations are down and the soup kitchen's numbers are up. Now that school's are closed for summer vacation, the Center will be serving between 1,500 and 3,000 more meals per month.

The efforts of the BPU, the generosity of the drive's sponsors and the willingness of the Greater Jamestown community to dig into their pockets to donate spare change, buy hotdogs and collect bottles and cans to help feed the hungry make our community a wonderful, hope-filled place to live and work.

Thank you all for your support!



To know and not do
is the same as not knowing



Please join St. Susan Center's \$5 a month Club
 ... because a small gift from enough people will make a world of difference
 and St. Susan Center could really use your help.



Yes! I want to be a member of the **\$5 a month Club.**

I/We will make this gift, beginning _____ (date)

(check one) ___ monthly ___ quarterly ___ in full today

Name _____

Address _____

City _____ State & Zip _____

PLEASE PRINT

Coupon is needed with first payment only.

~ Thank you!

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from the director...

~ **Judy**



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Nonprofit...
(Permit 254)
PLEASE ADD