

## Thank You to Jonathan Byrd's Cafeteria

Jonathan Byrd's Cafeteria in Greenwood has been donating food to Second Helpings for over five years. They send us all kinds of great food, like fried chicken and mashed potatoes that we can easily pan up and send out, just like it comes to us. It saves us time, and our clients really enjoy it! Chef Susie, our No. 1 supporter at Jonathan Byrd's, has been out for awhile, and our drivers can't wait to see her come back. Joe Hoog, Director of Food Rescue and Transportation, says of J.Byrd's, "It's a great place to visit! We highly recommend people try it!"

## Staff Spotlight: Ben Shine

We are pleased to announce the addition of Ben Shine to the Second Helpings staff as Marketing and Development Coordinator. A lifelong resident of Indianapolis, Ben comes to Second Helpings with a background in marketing, social media, development, event management, ecommerce and sales. A lover of food and music, he's a perfect match for Second Helpings! Ben served on last year's Tonic Ball committee, and is excited to share his passion for Second Helpings through newsletters, the internet, email blasts, the media and in person. If you have a great story to tell, he'd love to listen!



## St. Joan of Arc and Celebrating Service

We were thrilled and honored to be the recipient organization of St. Joan of Arc Catholic School's project for Catholic Schools Week. This year's theme centered on "Celebrating Service" and included a pasta drive and fundraiser for Second Helpings. "At St. Joan of Arc Catholic School, we try to model ourselves after Mother Teresa. Her service to others was extraordinary," says Jennifer Schaefer, assistant principal.

Just before Valentine's Day, students representing Grade 5, whose class raised the most pasta, delivered 901 pounds of pasta and close to \$750! To put it into perspective, 901 pounds of pasta will help to make close to 10,800 meals that combat hunger in Indianapolis. Thank you, St. Joan of Arc students!



St. Joan of Arc 5th Grader Rosemary delivers a mountain of pasta for Second Helpings.

## OUR WISH LIST

### Hunger Relief

- Spices – dried rosemary, powder cumin, chili powder, thyme leaves, ground basil, and ground black pepper
- Pasta – macaroni and spaghetti noodles
- Rice
- 2-inch hotel pans, full-size
- Digital thermometers
- Vinyl exam gloves – powder and latex free; Sizes: medium, large, and extra large.
- Plastic & foil wrap: 18" wide, heavy weight
- Hair nets
- Plastic grocery bags to use for sending bread and desserts
- Heavy-duty brooms
- Heavy-duty mops
- Stainless-steel scrubbers
- Bleach
- Can openers
- Heavy-duty oven mitts
- Black, heavy-duty, permanent markers
- 16-inch immersion blender
- 40-gallon tilt skillet
- Speed racks

### Food Rescue/Transportation

- 27x37-inch food-service storage bags
- 4 digital food thermometers (0°-220°F)
- Cargo van with refrigeration unit
- 8 pairs of leather work gloves

- New truck tires for three vans
- Car washes
- Gas gift cards
- 4 new cell phones for the drivers with Bluetooth

### Culinary Job Training

- Cake decorating sets
- Dinner forks
- Round cake pans
- Stainless-steel sauce pans
- Omelet pans
- Cheese cloth
- 4-inch half pans
- 4-inch third pans
- Food warmer/holding cart
- 2 pan racks
- Stand mixer

### Operations

- Water softener salt pellets
- Asphalt repair in parking lot
- Automatic garage door system
- Flatbed carts and dollies
- Electrical work
- Blast chiller
- White copy paper
- Photo paper
- Masking tape



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SPRING 2009 LITTLE BITS OF NEWS THAT GO GREAT TOGETHER

## Second Helpings Lessens Stress on Families

Three times a week, the kids at the Mary Rigg Community Center pile into the small cafeteria to share a late afternoon meal. Over the chatter and laughter you can occasionally hear excited remarks about the food prepared and delivered by Second Helpings. "They really look forward to it," says Cindy Miers, Youth Services Manager "They'll come in the morning and ask what they're having for dinner that night."



As much as the kids may enjoy it, the broader impact these meals have is to alleviate the stress on families. "It helps me as a parent," says Sheila, a mother of two girls at Mary Rigg "With the economy like it is, it's a supplement for us." Having one or two less meals to worry about also gives Sheila "more time with the kids, getting homework done and doing stuff with the family."

Moments like these at Mary Rigg are repeated daily at the 65 agencies we serve. As the economy has worsened, food prices have risen and the community need has become greater, Second Helpings is working even harder to eliminate hunger and empower people.

In the last year, Second Helpings has:

- Prepared and delivered over 268,642 meals to hungry people in Indianapolis.
- Rescued over 800,000 pounds of food, because we can't stand waste.
- Redirected over 500,000 pounds of food to area food banks, food pantries, churches and community centers to help them in their fight against hunger.
- Provided culinary training to 28 individuals for employment to break the cycle of poverty and under-employment.

You can join us in our fight against hunger!  
Visit us at [www.secondhelpings.org](http://www.secondhelpings.org) or call 632-2664.

## VOLUNTEERS OF THE MONTH

We owe a tremendous amount of gratitude to our over 500 regular volunteers, who in the last year gave a combined 10,579 hours of service to help us end hunger, reduce waste and empower people. We truly could not do it without you!

A special thanks to our Volunteers of the Month:

### 2008

**June:** Kelly Carnes has been a Thursday evening volunteer since April 2007. She's quickly approaching 150 hours.

**July:** Steven Frazelle was an every-day volunteer since 2006. He has over 950 hours.

**August:** Dave Berry has been volunteering since 2006. He's spent just over 500 hours here, most of them in front of the meat grinder.

**September:** Mary Baker has just over 275 hours. She's been spending Marvelous Mondays with us since October 2007.

**October:** Mike and Jeannie Regan Dinius were the masterminds of this year's Harvest silent auction, which was a smashing success.

**November:** Jeff Grantham was the real rock star of Tonic Ball VII. A tip of the King vs. Queen crown for all of his hard work.

**December:** Karen Thompson has been a dedicated Monday volunteer since April 2007. With over 220 hours, she's put in a lot of time at the tilt.

### 2009

**January:** Vince Concannon started working in the kitchen in April 2008. 240 hours later, he's a regular twice-a-week driver.

**February:** Jim and Cathy Parise are a real multi-tasking team. Jim's been in the kitchen, and Cathy in the office most Thursday mornings since February 2008.

# Congratulations!

## Class 50:



Front row: Costale Remarais, Mia Nolcox, Karen Oldham, Dionne Terry, Tamara Ayers. Back row: Chef Conway, Michael Sims, Eric Siddall, Chad Fulkerson, Nicholas Grady, Minkah Becktemba.

## Class 51:



Front row: Linda Morgan, Daniel Montalvo, Marcie Mann, Oneka Randall. Back row: Chef Conway, Marco Barnes, Earl Dunigan, Christopher Johnson, Anthony Murray.

## Class 52:



Front row: Heather A. Holiday, Torie A. Smith, Ronald R. Richardson, Carla R. Slaughter, Robin J. Murry. Back row: Chef Conway, Douglas D. Smith, Michael A. Strong, James R. White, Jr. Lawrence Dove, Damon T. Malone.



# Harvest, Tonic Ball, and Tonic Gallery

**We had a wonderful time at our 2008 Harvest and Tonic Ball/Tonic Gallery events. Both events were a great success. We celebrated with friends and had a lot of fun! Thanks to everyone who attended! A huge thank you goes out to all of our sponsors!**

## Save the Date!

**Harvest 2009 – October 2nd  
Tonic 2009 – November 20th**

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## Hal Cole: Time, Talent and Treasure From Teacher to Retiree to Teacher

Hal Cole spent a lifetime as an educator, but some of his most valuable learning experiences began outside of a classroom, in the kitchen of Second Helpings.

Sometimes life's greatest challenges offer the best lessons, and at Second Helpings, we're learning all of the time. As we face the big challenges of food waste and hunger with our community, we constantly learn new lessons about the powerful impact of time, talent and treasure. Our best teachers and the people who truly drive this work are our volunteers and donors. Since 2003, Hal Cole has served Second Helpings and the greater Indianapolis community, making a positive difference in the world. He's our model for servant leadership in action.

Before Hal took the role as Second Helpings' tilt-skillet operator extraordinaire, he spent 41 years as an educator, administrator and principal on the south side of Indianapolis. After his retirement and the passing of his wife of 48 years, Hal felt listless and experienced an urgency to be productive. Faced with this challenge, Hal found himself asking, "Now what do I do?"

In 2003, friend and long-time volunteer Dick Bender invited him to lunch at Second Helpings. Hal quickly became a staple of the Friday morning kitchen crew. During his first year, Hal volunteered



Fridays and made so many friends that he started working Wednesdays too. Now both groups have adopted Hal as their own. "What I like best," he says, "is that it gives me purpose."

Hal's investment in his community isn't limited to Second Helpings. Hal has started a new teaching gig. He's helping other retirees discover a passion for their community and staying active and engaged in their own lives. He's an advocate for what seniors can bring to the table. He serves on a board, he's active in his church, he teaches Sunday School and participates in a myriad of other activities — he's connected. He says, "I'm really enthused about giving back to the community."

Hal is an invaluable asset to our mission and he's a model for servant leadership. We are inspired just by being around him every week. Hal has challenged himself to make the most of his life. He would challenge you to do the same: follow your passion and find your purpose.

## New Board Chair Shows Off Culinary Skills

We'd like to welcome Jerry Adams as Chairman of the Board of Directors for Second Helpings. We're proud to have Jerry at the helm of our ship. He's an idea man, a people person and a leader who's not afraid to get his hands dirty. When not chopping onions in the production kitchen, Jerry serves as Director of Operations at Levy Restaurants in Conseco Fieldhouse.



[www.secondhelpings.org](http://www.secondhelpings.org)

# Graduate Spotlight: Christine Warren

Christine Warren had dozens of jobs before coming to Second Helpings. Having recently been laid off from a job, she came to the Culinary Job Training Program unsure of herself and anxious. She was so nervous about failing that Chef Carl gave her the nickname "Nervous Nellie."

Her nervousness carried into class, and she found herself intimidated by Chef Carl's high expectations for his students. "I tried to hide from him in class. I was petrified of him." When Chef invited Christine to assist him in a public cooking demonstration, it terrified her "I tried to pay another student to go for me, but Chef wouldn't let me get out of it."

Now Christine recognizes that when Chef made her do the things she was afraid to do, it wasn't mean spirited; it was because he believed in her and he was preparing her. She found herself more than able to do what he asked, even though she had to get over her initial fears. "Chef knew that I could do everything, and it always went so smooth that I couldn't believe it" she says "That's the confidence I learned."

She carried that confidence into looking for her first job after graduation, and she was offered multiple positions. Christine took a job at Shapiro's, where she still works today. She was the first Second Helpings graduate hired at Shapiro's and the first woman hired to work in their kitchen.

Her advice to current and future students? "It's not just about the cooking. There's a lot of other things," she says "You want to be healthy, you have to do the hard stuff and you have to be confident."