peas & CARROTS

AUTUMN 2007 LITTLE BITS OF NEWS THAT GO GREAT TOGETHER

Second Helpings®

Eliminating hunger. Empowering people.

VEOLIA WATER PRESENTS ...

Harvest 2007: A celebration of food and wine

Please join us for Harvest 2007 on Friday, Nov. 2, from 7 to 10 p.m. at the Ritz Charles in Carmel. Come and taste culinary creations created by chefs from the city's top restaurants and sample more than 300 wines from around the world. And help us thank our generous sponsors: Veolia Water, Ivy Tech Community College, Aramark, First Indiana Bank and Amerimar Management.

In addition to the Ivy Tech VIP lounge, this year's event features the Amerimar Management after-party from 10 p.m. to midnight, featuring live music and luscious desserts. Tickets are $60 for the main event, plus $15 for the after-party and are available at secondhelpings.org or at the door.

Don't miss the city's top charitable event Tonic Ball VI and Tonic Gallery

On Friday, Nov. 16, from 7 p.m. to midnight, many of the top musical acts in central Indiana will perform at the sixth annual Tonic Ball, which raises money for Second Helpings. The ball and its companion event, the Tonic Gallery, were awarded NUVO's 2007 Cultural Vision Award – and for good reason. This event rocks!

This year, we're celebrating the songs of The Clash and Madonna. Performances take place at Radio Radio and the Fountain Square Theatre. Sponsors for this year's Tonic Ball include, Queen Bee Music, Luna Music, WTTS-FM, and The Great Frame Up.

Tonic Ball tickets are $20 and are available at secondhelpings.org, from Luna Music beginning in October, and at the door. Tonic Gallery, a free event, will feature works by more than 50 of the city's most renowned visual artists. All of the art will be for sale, with many pieces available for as little as $100. The event will occur from 5 to 8 p.m. at the Wheeler Arts Community Center in Fountain Square.

Second Helpings offers NAP tax credits

For the first time in several years, Second Helpings has been awarded state tax credits through the Neighborhood Assistance Program (NAP). Under this program, contributors to Second Helpings can receive a credit against their Indiana state income tax liability in the amount of 50 percent of their contribution. Gifts must be a minimum of $500 and the credits will be sold on a first-come, first-served basis. To receive the NAP tax credit for calendar year 2007, your donation must be received by Dec. 31, 2007.

Second Helpings accepts donations by cash, check (to Second Helpings, Inc.), credit card or stocks. For details and appropriate forms, contact Jennifer Arnold at jennifer@secondhelpings.org, or call (317) 632-2664 extension 12.

Cynthia Hubert joins Second Helpings as its first-ever CEO

After months of planning and deliberation for a new chief executive officer to oversee the next phase of Second Helpings, we are pleased to announce the arrival of Cynthia Hubert, who comes to us with extensive not-for-profit experience.

Before joining Second Helpings, Cindy worked with the Central Indiana Community Foundation, where her responsibilities included new business development and overseeing a large portfolio of existing donor relationships. In addition, her experience includes leadership positions with several not-for-profit agencies, including development director at Gennesaret Free Clinic and chief operations officer at Horizon House. Please join us in welcoming Cindy into the Second Helpings family!

YOU'RE SIMPLY the best

Special thanks to Rich, Roy, and Nora of **Best Kitchen Service & Parts Inc.,** for their continued support of Second Helpings. Because of their generosity in donating their expertise in repairing and servicing our kitchen appliances, we can continue to prepare and deliver meals to the feed the hungry men, women, and children of greater Indianapolis.

VOLUNTEERS OF THE MONTH

May: Emergent Leadership Institute

The Emergent Leadership Institute matches high school and college students with service projects across Indianapolis. The institute has brought 25 people to volunteer at Second Helpings for a total of 92 hours. In 2006 the institute placed more than 470 young adults in volunteer positions at more than 95 social service agencies. *Thanks to ELI for all its hard work in the community!*

June: Mary Tinley

Mary Tinley travels around the world on mission trips, helping others. When she is at home, she volunteers in the Second Helpings kitchen preparing meals for all of our agencies. An active volunteer since January of 2006, Mary has put in 195 hours of volunteer time. She also spends time with her two children and two grandchildren. *Thanks Mary!*

July: Maria Walsh

When Maria Walsh is not spending time with her five children and 13 grandchildren, she comes to Second Helpings. A volunteer since 2003, Maria has logged more than 540 hours, offering office and clerical support. A retired high school chemistry teacher, she also tutors high school students. *Thanks Maria!*

CHEF CARL'S SPOTLIGHT RECIPE

STEAK SEASONING

(Yield: 1 cup)

4 tablespoons black pepper
4 tablespoons dehydrated onion
2 tablespoon dehydrated garlic
1 tablespoon crushed red pepper
2 tablespoon dried thyme
2 tablespoon dried rosemary
1 tablespoon dried fennel

Combine all ingredients and store in an airtight container.

This is no ordinary skillet

In April, Second Helpings needed help. The most vital piece of kitchen equipment, the tilt skillet, which cooks approximately 600 servings at one time, had broken. Fortunately, Tom and Kitty Furman stepped in and donated a new tilt skillet in honor of Tom's uncle, Stephen Furman, who spent his career in the foodservice industry. To celebrate the latest kitchen addition, Tom and Kitty were invited to Second Helpings to cook in the new skillet. *Thanks, Tom and Kitty!*

NEW STAFF MEMBERS

Lynn Weatherly – Director of Marketing

Lynn Weatherly has more than 10 years of experience in marketing and client service. She has held positions with Publicis, Eli Lilly Federal Credit Union, and Baker & Daniels LLP. Most recently, Weatherly was community relations coordinator for Autumn Glen Assisted Living Community. *Welcome, Lynn!*

Tiera Freeman –Job Training Support Assistant

Tiera Freeman graduated from Second Helpings Class 43. She has extensive experience in the foodservice and housekeeping industries. She most recently worked for St. Mary's Child Care. *Welcome, Tiera!*

Linda Orr – Bookkeeper

Linda Orr's background is in accounting, with experience in the mortgage industry. She and her husband previously owned Quadrum Industries, a construction company. Most recently, she worked in the accounting department at the Conrad Hotel in Indianapolis. *Welcome, Linda!*

Winfred Jerry – Just 'Cause Catering Sous Chef

Winfred Jerry is a graduate of the first culinary job-training class at Second Helpings. It's great to have him back! Previously, he owned Helping Hands, a catering company in Fort Worth, Texas. Before joining Second Helpings, he worked at the Conrad Hotel in Indianapolis. In addition to his excellent culinary skills, he is a minister too! *Welcome, Winfred!*

GRADUATE SPOTLIGHT

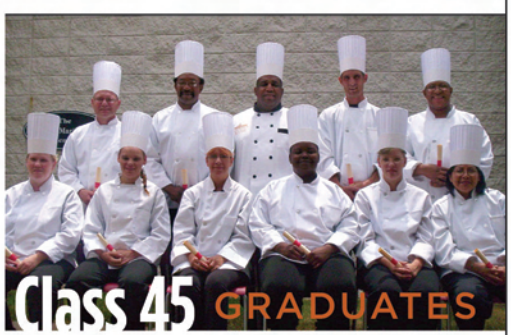
Gwendolyn Johnson

At the age of 30, Gwendolyn Johnson was incarcerated for 17 years, leaving behind a 3-year-old son and 12-year-old daughter. After her early release from prison for good behavior, Gwen relocated to Indianapolis to get a fresh start.

"When I was released from prison, I came out with the idea that I didn't want to go back," Johnson says.

She began by staying in a homeless shelter. While looking for work, she was encouraged to apply for the Second Helpings job training program by her parole officer and a past graduate. Gwen met with Chef Carl and asked him: "Just give me a chance."

She was accepted into the program and in June, she graduated from Second Helpings Class 45. Today, Gwen is an intern with Just 'Cause Catering. In the fall, she will work part-time as a foodservice professional during the Indianapolis Colts football season. Gwen is moving forward with her life and is grateful to Second Helpings for giving her a second chance.



Carrie Holman, Dawn Owens, Karen Buckley, Leonor Mendiola, Monica Gross, Terri Meding, Daniel Webb, Gwendolyn Johnson, Leonard Quick, Mark Medley, and Nakatra Edison.

Save THE DATE

- **Harvest:** Nov. 2 from 7 to 10:00 p.m. at the Ritz Charles in Carmel
- **Tonic Ball:** Nov. 16 from 7:00 p.m at Radio, Radio and the Fountain Square Theatre
- **Tonic Gallery:** Nov. 16 from 5 to 8:00 p.m. at the Wheeler Arts Community

OUR WISH LIST

Building
- Water softener salt
- Electrician
- Interior painting
- Asphalt repair in parking lot

Kitchen
- Spices – dried rosemary, powder cumin, chili powder, thyme leaves, ground basil, and ground black pepper
- 2" Hotel pans, full-size
- Pasta – macaroni and spaghetti noodles
- Vinyl exam gloves – powder and latex free, sizes medium, large, and extra large.
- Heavy-duty trash bags, 56-gallon
- Plastic and foil wrap: 18" wide, heavy-weight
- Hairnets
- Plastic grocery bags to use for bread and desserts
- Black, heavy-duty, permanent markers
- Heavy-duty brooms and mops
- Mop buckets
- Stainless steel scrubbers
- Bleach
- Pain-relieving spray for minor burns and cuts
- Can openers
- Heavy-duty oven mitts
- Scotch tape – 1/2" wide
- 21-inch Waring Stik immersion blender with nine speed levels
- 40-gallon tilt skillet

Transportation
- 27" x 37" foodservice storage bags
- 4 Digital food thermometers 0°-220° range
- Cargo van with refrigeration unit
- 8 pairs of leather work gloves
- New truck tires for three vans
- Car washes

Training Class
- 1-ounce scale
- Bread baskets
- Dinner forks
- Chef's jackets with the Second Helpings logo, printed t-shirts and hats
- Bread and cake pans
- 4-quart stainless steel sauce pans
- Cheese cloth
- 4-inch half pans
- 4-inch third pans
- Food warmer/holding cart
- Omelet pans
- 2 speed racks (with doors)
- 2 speed racks (without doors)

Office Supplies
- Photo enlargement and laminating machine
- White copy paper

Who WE help

Allen Chapel AME Church
Alpha Foundation
Area Youth Ministries
Barton Annex
Bethlehem House
Blue Triangle
Cathedral Kitchen Breakfast Program
Christamore House
Craine House
Dayspring Center, Inc.
Edna Martin Christian Center
Englewood Christian Church Daycare Center
Fathers & Families Resource Center
Flanner House
Forest Manor Kids
Forest Manor Seniors
Fuzzie Bear Childcare
Fuzzie Bear Childcare (West)
George T. Goodwin Center
Girls Inc.
Gleaners Food Bank
Hawthorne Community Center
Heritage Place
Hoosiers Veterans Assistance Foundation
HOPE International Ministries
Horizon Christian Preschool
Horizon House
Lighthouse Ministries
Love All People Ministry
Martin Luther King Jr. Multi-Service Center
Mercy Land Childcare
Mozingo's Place
Multi-Cultured Daycare Center
Near Eastside Christian Preschool
Neighborhood Fellowship
Primelife Enrichment, Inc.
Robinson Community AME Church
Salvation Army Eagle Creek Booth Manor
Salvation Army Eagle Creek Kids
Salvation Army Eagle Creek Seniors
Scott United Methodist Church
Shepherd Community Center
Tabernacle Presbyterian Church
Universal Behavioral Services
Wheeler Care Center
Wheeler Community Center
Wheeler Mission

SEPTEMBER MENU SPECIAL
FROM

Just' Cause Catering

TEX-MEX HOAGIE

ACCOMPANIED BY

FESTIVE SOUTHWEST FRUIT

AND

BUDIN de PAN con SALSA

ONLY $8.45

Our delicious turkey is served on a sun-dried tomato tortilla wrap with cheddar cheese, turkey bacon, romaine lettuce and tomatoes. On the side is our cous cous salad with fresh spinach, black olives, tomatoes, oregano, and feta cheese topped with a special dressing. The lemon cake is the essence of summer with its lightly tart flavor and sweet fresh lemon glaze.

Delivery or Pick-up is available.
Please contact Sara to schedule your next luncheon!
632-2664 ext. 29 or sara@justcausecatering.com

No time like the present

Reserve your space today for Just 'Cause Catering to cater your holiday luncheon or evening buffet and do something great for your community. Just 'Cause Catering uses the freshest ingredients to create fun, innovative, and elegant cuisines. Best of all, every penny of profit goes to support the important work of Second Helpings.

Discover for yourself why Just 'Cause Catering was voted by readers of *Indianapolis Woman* magazine as a finalist for "Best Caterer in Indianapolis." To make your reservation, call (317) 632-2664 extension 29 or visit justcausecatering.com.

Jean Paison makes RHAI Hall of Fame

We are very pleased to announce, Jean Paison, co-found of Second Helpings, is the latest inductee into the Restaurant & Hospitality Association of Indiana Hall of Fame! The ceremony took place July 9th at the Devour Downtown kick-off party, benefiting Second Helpings. Congratulations to Jean for this incredible honor and a big thank you to the volunteers who donated their time at the kick-off event.

FOOD DONORS

Our partners in feeding the hungry

Alpha Phi Sorority
Blondie's Cookies
Breadsmith
Cinnabon
Costco - East
Dream Dinners - Indianapolis
Fairbanks Hospital
Sabrina Falls
Fleming's
Fletcher Place
Indianapolis Motor Speedway
Jonathan Byrd Catering
Kona Jack's
Landshire Sandwiches
Marquette Manor
O'Malia's Food Market - Fall Creek Pkwy
Panera Bread - 96th St.
Peterson's
Provision I.S.C.
St. Vincent Health & Hospital
Tony Schafer
Service Warehouse
Starbucks - 146th
Starbucks - 75th & Shadeland
Starbucks - E. Washington
Starbucks - Lafayette Rd.
Starbucks - Nora
Starbucks - Sunnyside
Starbucks - Emerson Way
Sullivan's
Sunflower Market
Sysco Food Svcs of Indpls
Taylor's Bakery - 116th St.
Taylor's Bakery - Allisonville
Martha Taylor
Trader Joe's Grocery- 86th St.
Trader Joe's Grocery- 82nd St.
Traders Point Creamery
U.S. Foodservice, Inc.
Wild Oats Community Market - 86th St.

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Eliminating hunger. Empowering people.

The Eugene and Marilyn Glick Center
1121 Southeastern Avenue Indianapolis, IN 46202

317.632.2664
www.secondhelpings.org

United Way
Community Partner