

peas & CARROTS

SPRING 2007 LITTLE BITS OF NEWS THAT GO GREAT TOGETHER

Second Helpings®

Eliminating hunger. Empowering people.

The Heat is On

MESSAGE FROM THE DIRECTOR GINA BROOKS



Last summer, we asked for your help in our “BURN THE MORTGAGE” campaign. The response has been nothing short of amazing: We’ve raised \$165,000 to date. But the job isn’t finished yet. We need one last push to meet our goal of \$225,000 before the June 30 deadline.

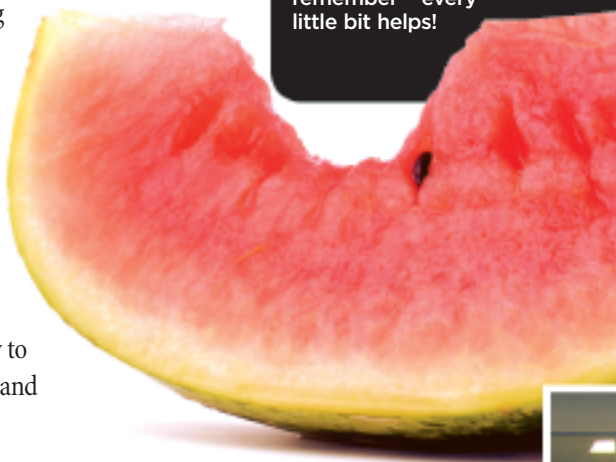
“BURN THE MORTGAGE” began when an anonymous donor offered to donate \$225,000 – which would pay off our building mortgage and save us \$52,000 a year – if we could raise the same amount by June 30, 2007.

We have three and a half months to raise the final \$60,000. As we thank everyone who has helped so far, we ask everyone else to give what you can. This is a critical opportunity to take a huge bite out of hunger in and around Indianapolis.

If you have questions, or need assistance regarding the program, contact:

Becky Honeywell
Director of Development
632-2664 ext. 20
becky@secondhelpings.org

Again, thanks to everyone who has given so far, and remember – every little bit helps!



“The U.S. Department of Agriculture recently found that 10.1% of Indiana’s households lack resources to acquire enough food for an active and healthy lifestyle. Furthermore, 3.6% of the state’s households experience food insecurity. This means family members are going to bed or work hungry, skipping meals – or even spending an entire day without food.”

Mayoral Wager Pays Off for Second Helpings

When a bet over a Colts’ playoff game went Indy’s way, Mayor Bart Peterson shared the winnings with Second Helpings.

Peterson and former Baltimore mayor (and current Maryland Governor) Martin O’Malley placed a friendly wager on the Colts-Ravens playoff game. When the Colts won, Governor O’Malley paid up by sending employees from Baltimore-based Phillips Seafood to cook dinner for the mayor and members of Colts fan club The Blue Crew – right in the Second Helpings kitchen.

The Blue Crew donated food to Second Helpings for hosting the event. Thanks to the people at Phillips Seafood, Mayor Peterson’s office, and the Blue Crew for such a great time!



VOLUNTEERS OF THE MONTH



November, 2006

Paul Wilson

Paul's contributions have been vital to Tonic Ball's success from the very beginning in 2001.

Most significantly, Paul is the driving force behind Tonic Gallery, the fundraising art exhibit he spearheaded four years ago. And his company, Paul Wilson Design, has created several great Second Helpings marketing pieces, including the newsletter you're reading right now. *Thanks, Paul!*

December, 2006

John Spitznogle and Dale Ternet

Long-time friends John and Dale have a lot in common: they're both retired tool-and-die makers. They both appreciate a fine plaid shirt. And they both spend their Wednesday mornings volunteering for Second Helpings. John, a woodworker, has donated his amazing church-pew benches to Second Helpings silent auctions. He also crafted the stand for the donation box in the Second Helpings lobby. Dale often comes in with an armful of crops from his home garden – and often brings along a relative or two to help out in the production kitchen. *Thanks, John and Dale!*



January, 2007

Russ Johnson

When he's not traveling by motorcycle out west, Russ is a regular at Second Helpings. Volunteering two days a

week, Russ has logged over 400 hours in the production kitchen. He can often be found commanding one of the 35-gallon tilt skillets, helping create tasty meals for 600 people. *Thanks, Russ!*

Please show your support for such a worthwhile company by visiting their Web site!

Giving and Receiving with Starbucks



Starbucks joined Second Helpings on Monument Circle for a mini-Christmas tree giveaway in December, raising \$1,600 for Second Helpings. *Thanks, Starbucks!*

Chipotle Helps Pull in the Pasta



Chipotle Mexican Grill and Second Helpings recently enjoyed their first partnership for a pasta drive. Chipotle customers received a free burrito, salad, bol, or taco for every three boxes of pasta donated. The drive was a huge success, bringing in 641 pounds of pasta for Second Helpings. *Thanks, Chipotle!*



Mission Coffee and Tea Introduces its Online Store

Mission Coffee and Tea is no stranger to good deeds. As the exclusive coffee and tea provider for Just 'Cause Catering, the company donates 10 percent of its purchases back to Just 'Cause Catering. Now they've launched a new Web site. The name says it all:

www.GoodCoffeeGoodCause.com

Mission Coffee and Tea sells exclusively fair trade products, helping disadvantaged farmers in coffee-producing areas such as Mexico and Central America. They also donate 20 percent of every sale to a charity of your choice. To donate to Second Helpings when buying your coffee or tea, just select "Second Helpings" on the "Select Charity" dropdown menu.

RECIPE OF THE MONTH:

Chocolate Chess Pie

(SERVES 8-10)



Preheat the oven to 325 degrees F.

In a medium-size mixing bowl, combine butter and sugar, whisking to blend. Add melted chocolate and whisk until smooth. Add eggs, vanilla, cornmeal, and whisk until smooth. Pour the mixture into the pie crust.

Place on a baking sheet and bake about 30 minutes, until the crust is lightly browned. Remove from the oven and place on a wire rack to cool for 15 minutes. The center of the pie will sink slightly as it cools.

To serve, cool completely before slicing. Spoon whipped cream on top of each slice and serve at room temperature.

1 9" pie crust

1/4 pound (1 stick) unsalted butter, melted

1 cup sugar

4 ounces semisweet chocolate, chopped and melted

4 large eggs, beaten

1 teaspoon pure vanilla extract

**1 1/2 tablespoons yellow cornmeal
whipped cream**

Second Helpings Gets a Helping Hand

Indiana Lieutenant Governor Skillman, the Department of Natural Resources, and the Department Of Corrections teamed up to donate 3,000 pounds of venison to Second Helpings.

Local hunters donated the meat to the DNR, and the Indiana DOC and Prison Enterprises Network Products Correctional Industrial Facility processed it. 1600 pounds of the venison will be transformed into hot meals at Second Helpings, who will then distribute it to local agencies and shelters to feed approximately 8,500 people.

Additionally, 1,300 pounds of raw venison will be distributed throughout Central Indiana by Gleaners Food Bank.

The help couldn't have come at a more crucial time: The U.S. Department of Agriculture recently found that 10.1% of Indiana's households lack resources to acquire enough food for an active and healthy lifestyle. Furthermore, 3.6% of the state's households experience food insecurity. This means family members are going to bed or work hungry, skipping meals – or even spending an entire day without food. Thanks to the Department of Natural Resources, Department of Corrections, and Lieutenant Governor Skillman for all their help in feeding the hungry of Indiana.

Words from Asma Gaye, Class 43 Graduate

Even with an ocean to protect her, Indianapolis resident Asma Gaye still felt the controlling hand of her abusive ex-husband, who was living in Africa.

"I was living with his brother and cousin," she remembered.

"They were told by him not to take me or the kids to the hospital or market, not to help me at all. He tried to make things difficult for me so I would run back to him."

Frustrated and scared, Asma headed out on her own. Without a job, she had to fend not only for herself, but also her three young children – Aisata, 9, Mamadou, 7, and Djibril, 3. It wasn't always easy.

"I felt inadequate in everything I did," she said.

She sought refuge at local shelters, and ended up at the Dayspring Center. It was there that she learned of Second Helpings.

"I didn't realize that Second Helpings was involved in distributing meals to homeless shelters like Dayspring, where I stayed for five months," she said.

Soon, Asma was a student at Second Helpings, learning the ropes of the food service industry. She eventually graduated with Class 43.

"I would like to thank Chef Carl Conway for his time, patience and understanding while I was in class," she said. "There were times I felt like giving up. But Chef Conway always believed in me. He is a warm-hearted person."

Asma walked away from Second Helpings equipped not only with the skills to support her children, but also with an experience she'll keep close to her heart for a lifetime.

"I believe that every inspirational experience is just God's way of whispering into our hearts," she said.



OUR RECIPIENT AGENCIES:

Allen Chapel AME Church
Alpha Foundation
Area Youth Ministry
Barton Annex
Bethlehem House
Blue Triangle
Cathedral Kitchen
Charity Church Childcare Ministry
Christamore House Seniors
Craine House
Dayspring Center, Inc.
East 10th United Methodist Church
Englewood Christian Church Daycare
Edna Martin Christian Center
Fathers and Families
Forest Manor Multi-Service Center
Fuzzie Bear Childcare
Fuzzie Bear Childcare-West
George T. Goodwin Community Center
Gleaners Food Bank
God's Souper Bowl
Hawthorne Community Center
Heritage Place
Hope International Ministries
Horizon House
Horizon Christian Preschool
Hoosier Veterans Assistance Foundation
Lighthouse Mission
Mercy Land Day Care
Martin Luther King Multi-Service Center
Mozingo Place – Partners in Housing
Multi-Cultured Child Care Center
Near Eastside Christian School
Neighborhood Fellowship
Parc-Way Assembly of God Church
Primelife Enrichment, Inc.
Robinson Community AME Church
Salvation Army Eagle Creek Kids
Scott United Methodist Church
Shepherd Community Center
Tabernacle Presbyterian Church
Universal Behavioral Services
Wheeler Care Center
Wheeler Community Center
Wheeler Mission

Second Helpings on MySpace

You're already Second Helpings' buddy in the real world – now befriend us in cyberspace! Help spread the Second Helpings love by making us your friend on MySpace.com. Just go to www.myspace.com/secondhelpingsinc and click "Add to friends."



JUST 'CAUSE CATERING MARCH SPECIALS:

Homestyle Buffet \$7.95 per person

- Chicken Dumplings
- Seasoned Mashed Potatoes
- Mixed Green Salad with Ranch Dressing
- Homestyle Rolls w/butter
- Assorted Cookies

Soup & 1/2 Sandwich Buffet \$6.95 per person

- Creamy Tomato Soup
- 1/2 Sandwiches
Deli Turkey, Roast beef or Ham w/ lettuce, tomato and cheese
- Mixed Green Salad with Ranch Dressing
- Assorted Cookies

Second Helpings extends its reach to include more hungry Hoosiers.

One of the goals of Second Helpings is to spread its hunger-eliminating services throughout Greater Indianapolis. That's why we're so excited to start serving Hamilton County seniors through PrimeLife Enrichment in Carmel.

Devoted to promoting the independence, dignity, and enjoyment of seniors, PrimeLife Enrichment is a member agency of the United Way. Second Helpings will be delivering food to 65 to 100 hungry seniors in Hamilton County on a weekly basis. Welcome to the Second Helpings Family, PrimeLife!

Did you know that a simple Internet search can help feed the hungry?

By using the GoodSearch search engine (www.goodsearch.com), you can donate to charity with every search. To give to Second Helpings, just type "Second Helpings" into the "Who do you GoodSearch for?" field. When you perform your search, a small donation will go directly to Second Helpings.



OUR WISH LIST

Building

- Water softener salt
- Masonry/concrete repair
- Carpentry repair
- Painter

Kitchen

- 35 gallon, gas tilt skillet
- Spices
- 2" Hotel pans, full-size
- Pasta
- Vinyl exam gloves - powder & latex free, sz. L & M.
- Heavy duty trash bags, 56 gal.
- Plastic and foil wrap: 18" wide, heavy wgt.
- Hairnets
- Plastic grocery bags
- Scrap paper for making labels
- Black, heavy duty permanent markers
- Heavy duty brooms
- Heavy duty mops
- Mops buckets
- Stainless steel scrubbers
- Bleach or Clorox
- Pain relieving spray for minor burns and cuts
- Can openers
- Heavy duty oven mitts
- Scotch tape - 1/2" wide

Transportation

- 27" x 37" Foodservice storage bags
- 4 Digital food thermometers
0°-220° F range
- Oven mitts
- Power sprayer
- Tools

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 qt. Stainless steel sauce pans
- Cheese cloth
- 4" Half pans
- 4" Third pans
- Food warmer/holding cart
- Omelet pans
- Serving spoons (solid)
- Serving spoons (perforated)
- Serving tongs
- 2 Speed racks (with doors)
- 2 Speed racks (without doors)
- Clear plastic menu covers

Office Supplies

- Photo enlargement and laminating machine
- Cannon digital camera 7.0 mega pixels

Second Helpings is proud to announce these new additions to our great team:



Jennifer Arnold, Marketing and Development Coordinator

Jennifer graduated from the University of Indianapolis last May, where she earned a B.A. in Marketing. While in college, Jennifer was a community relations intern for the Indiana Fever. She also volunteers regularly at M.A.M.A.'S Cupboard, a local food pantry in her hometown of Sheridan for which her mother serves as director.

Scott Lawson, Job Training Support Assistant

Scott Lawson has joined the team as a receptionist and job training support assistant. Scott assists director of training Chef Carl Conway, and serves as the afternoon front desk receptionist. Scott moved to Indianapolis from California in 2004. He has worked in group homes, nursing homes, clinics, and hospitals, and has experience in the mental health industry. Scott is a graduate of Second Helpings class 41, and is currently enrolled in the culinary arts program at Ivy Tech Community College.



Sara Whiffing, Just 'Cause Catering Support Assistant

Sara Whiffing has joined Second Helpings as a receptionist and Just 'Cause Catering support assistant. Sara assists Executive Catering Manager Kelly Letzler, and is the morning front desk receptionist. Sara began volunteering at Second Helpings with her daughter, Amanda, two years ago. She is a graduate of Indiana University, and has 16 years of experience in the catering industry.

Pension Protection Act

New Tax-Free Distributions from Your IRA - Do You Qualify?

If you're age 70- or older, the Pension Protection Act of 2006 offers great new opportunities for charitable giving.

Signed into law in August of 2006, it provides an exclusion from gross income for a distribution of up to \$100,000 from a traditional or Roth IRA to a qualified public charity. This is a charity that is designated as a 501 (c) (3) and is not a supporting organization, a donor-advised fund, or a private foundation.

Second Helpings is a qualified public charity!

This opportunity to transfer up to \$100,000 tax-free from an IRA is only for people age 70- or older and may only be done until the end of 2007. The provision applies to every individual IRA holder, thus a husband and wife each of whom is 70 - or older, may make a qualified distribution from their respective IRAs.

— from *Strategies*, Smith Barney, October, 2006

TONIC does it AGAIN!



2006's Tonic Ball and Tonic Gallery both proved to be rocking events: Combined, they raised over \$25,000 for Second Helpings! Second Helpings would like to extend its appreciation to the sponsors, bands, artists, volunteers, and attendees who made this event another success.

Thank you to the following:

Sponsors:

Bill Estes Chevrolet
Brickyard Ceramics
DiscoverFountainSquare.com
Earshot Audio Post, LLC
Estridge
Fountain Square Theatre
Future Shock
IndianapolisMusic.net
Indy's Music Channel
Just 'Cause Catering
Luna Music
nextVoice
Nuvo
Paul Wilson Design
Print Innovations, Inc.
Radio Radio
Regal Printing
SEND
St. Claire Group
The Great Frame Up
The Heart Center of Indiana
Well Done Marketing
Willow Marketing
92.3 WITS

Bands:

Masterpiece in a Day winners:
Geoff Davis & Ralph Jeffers
Amy Lashley
Ann McWilliams
Arminta and Blaq Lily
Born Again Floozies
Blueprint Music
Ebenezer and The Hymnmasters
Extra Blue Kind
Everest
Impossible Shapes
Jennie DeVoe
Junction 356
Kit Malone & the American Arsonists
Loretta
Otis Gibbs
Peal
Ron Boyd
Supermoneytrain
Tecumseh Flyers
The Band Formerly Known as
We're Not Squibnocket
The Benders
The Common
The Hoovers
The Paper Americans
The Roundups
The Tumbleweeds
The Turnipseeds
Walking into Drawings
featuring Matt Boyer
We're Not Squibnocket
Yoko Moment

Artists:

Maura Ahearn
Pat Ahearn
Duncan Alney
Paul Baumgarten
Anne Bond
Lisa Boone
John Bragg
Jo Campbell
John Clark
Rob Day
Bruce Dean
Penny Dullaghan
Andrea Eberbach
Elyce Elder
Rob Elliott
Kerry Devine
Alisa Fox
Anita Gogulis-Danenman
Joni Goldman
Elizabeth Guippe Hall
Susan Hodgkin
Ken Honeywell
Robin Howard
Gail Hurley
Sofiya Inger
Josh Johnson
Scott Johnson
Eric Kass
David Kleeman
Thomas Kline
Michael Krisch
LuAnn Lancton
Amy McAdams
Craig McCormick
Tyler Muenick
Jerome Neal
Joanna Nixon
Kipp Normand
Emma Overman
Quincy Owens
Mary Lee Pappas
Yasha Persson
Jason Pierce
Liz Pinnack
Chris Pyle
Kyle Ragsdale
Casey Roberts
Mike Schwab
Martha Sears
Jim and Jon Sholly
Artur Silva
John Spitznogle
Julie Van Rheenen
David Voelpel
Jim Walker
Paul Wilson
Joe Vondersaar

SAVE THE **date:**



Homeward Bound 5K Walk: April 22

Please join us as we walk for the homeless at the Homeward Bound Homeless Walk on Sunday, April 22, at Veteran's Memorial Park. Organized by local agencies who serve our homeless neighbors, the walk allows participants to donate their money to the agency of their choice. This year, our goal is to enter 10 Second Helpings teams. Interested in participating? Call Jennifer Arnold at 632-2664 ext. 12, or e-mail her at jennifer@secondhelpings.org.

Greens for Hope Golf Classic: August 16



Behind the scenes at Tonic Ball 5. Tonic Ball has become the city's premier music event. Here, Ebenezer and the Hymnmasters perform at the Fountain Square Theatre.

Photo by Rob Elliott.

Class 43 graduated on Friday, January 19.

The graduates include: Tiera Freeman, Asma Gaye, Stella Johnson, James Miller, and Jill Stires. We wish them the best of luck! **Congratulations, Class 43!**



The Eugene and Marilyn Glick Center
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317.690.0884
www.secondhelpings.org