

# peas AND CARROTS

Little Bits Of News That Go Great Together From



Summer 2006

Eliminating hunger. Empowering people.

**FROM THE TOP** Letter from the Executive Director

## A Great Way To Burn Our Mortgage!

Second Helpings has received the biggest challenge grant in its history from an anonymous private donor—\$225,000 to pay off the mortgage on our newly renovated headquarters.

So, we're kicking off our "Burn the Mortgage" challenge campaign this month, with a goal of \$225,000 in individual donations—and our anonymous donor has agreed to match every major gift received, dollar for dollar, as long as the goal is met.

That means that at the end of June, 2007, if \$225,000 in major gifts has been achieved, the donor will give Second Helpings an additional \$225,000 to pay the balance of our mortgage here at 1121 Southeastern Avenue.

This is an amazing incentive to individual challenge campaign donors, who can feel good knowing their generous gifts will actually be doubled!

And this great opportunity comes just in time.

Why? Because, as with many social service agencies in Indianapolis and around the country, our individual donations were down from the previous year. So we set an aggressive goal for individual donations for this new fiscal year (July 2006 to June 2007) – 161 percent over last year.

Overall, our development goal is just a bit over \$1 million dollars. That's the largest amount we've ever had to raise. But we need all the help we can get feeding the hungry and creating job opportunities for disadvantaged adults.

A challenge grant of this sort doesn't come along every day. We'll work hard to make it happen.

## Want to help?

For further information on the challenge and how you can help burn our mortgage, contact Becky Honeywell, 632.2664 x20 or [becky@secondhelpings.org](mailto:becky@secondhelpings.org)

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## WISH LIST

### Building

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

### Kitchen

- 2" hotel pans, full-size
- Dry rice and pasta
- Vinyl exam gloves – powder free, L and M sizes
- Heavy-duty trash bags, 56 gal.
- Plastic and foil wrap: 18" wide, heavy wgt.
- Hairnets
- Plastic grocery bags to use for bread and desserts
- Scrap paper
- Black, heavy-duty permanent markers
- Heavy-duty brooms
- Heavy-duty 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

### Transportation

- 27" x 37" foodservice storage bags
- Digital food thermometers, 0°-220°F range
- Oven mitts
- 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
- Cheesecloth
- 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

## OUR APPETIZING NEW LOOK!

Welcome to Peas & Carrots—the new Second Helpings newsletter! It's a little more fun and lot more colorful...and we hope it does an even better job of entertaining you, inspiring you, and letting you know what's going on around Second Helpings. Of course, this isn't just our newsletter: It's your newsletter! We'd love to know what you want you think, what you like, and what else you'd like to see. Drop a note to **Jill Bennett**, [jill@secondhelpings.org](mailto:jill@secondhelpings.org), with your thoughts. Until then, happy reading.

## VOLUNTEER SPOTLIGHT

### Rice and Chocolate: Great Partnership

**Denis Helke** and his wife **Jeanne** coordinated a rice and pasta drive during the month of March at their church, Grace Assembly of God. They collected a total of 1,774 pounds of rice for Second Helpings.

In return, for Easter, Second Helpings was able to provide Grace Assembly of God with 200 pounds of chocolate, which was used to make some of the most delectable chocolate peanut butter eggs.

Thank you for all that wonderful rice and making all the chocolate eggs.

And thanks to Endangered Species Chocolate for providing us with this fantastic chocolate.

[www.grace-assembly.org](http://www.grace-assembly.org) • [www.chocolatebar.com](http://www.chocolatebar.com)



## NEW AND IMPROVED

### Second Helpings Welcomes New Staff Member



Second Helpings would like to introduce and welcome **Clayton M. Crumell** as the new Marketing and Development Assistant!

Clayton brings experience in marketing and communications, previously volunteering at St. Vincent Hospital's marketing and communications department.

Clayton also has experience as a community relations assistant for a home electronics company. He also was a former newspaper editor and television news associate producer. Clayton received his BA in Communications, specializing in public relations, from Western Michigan University, in his hometown of Kalamazoo. Since Clayton moved to Indianapolis in September 2000, he has been active in the community, currently serving on the boards of the Boys II Men Youth Group and the Indianapolis Neighborhood Resource Center (INRC). Welcome Clayton!

## CHEF CARL'S CORNER

# What I've Learned...

**Chef Carl G. Conway**

One of the requirements of the students enrolled in our Culinary Job Training program is that they write periodic essays updating the chefs on the status of their training, entitled "What I've Learned." So, in my first opportunity to contribute to this newsletter, I'd like to share with all of you some of the things that I have learned since joining Second Helpings as the director of training.

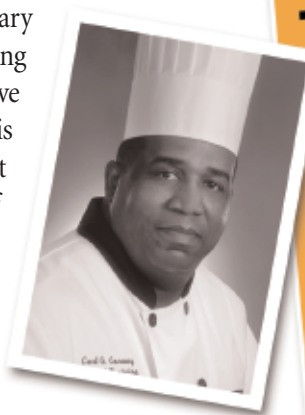
First, I've learned that our former First Lady was right. It does take a village! More specifically, it takes an entire community of citizens committed to the causes of helping their neighbors in need, and providing opportunity to all who are willing and able to be productive and contributing members of the community. Our awesome-but-small staff could not begin to address all the needs of the agencies and people we serve without the help of the entire Indianapolis community.

From the community leaders who serve as directors of Second Helpings, to the clergy, counselors, and community professionals who refer clients to us for assistance and training; to the chefs from Indianapolis and the surrounding communities who volunteer to share their expertise with our students and provide them with employment opportunities, to the volunteers who find the time in their busy schedules to give back to their neighbors and who do the real work of rescuing tons of food and preparing and transporting thousands of meals each and every day; Second Helpings is a total community effort.

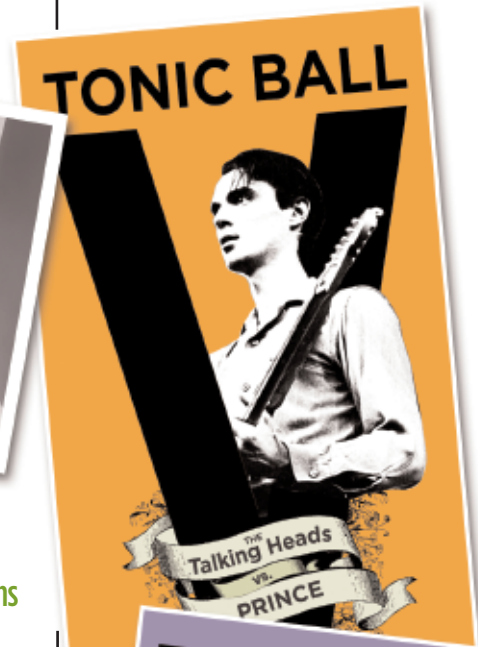
In my short time here, I have learned that one thing is universally true among the students—The greatest motivation to succeed, regardless of circumstances or life history, is uncompromising high expectations. I feel that one of the most important things we can do is to express our confidence in their ability to meet these expectations, along with the assurance that they will have every resource they need to succeed.

Having been born and raised in Mississippi, you'll have to forgive my previous ignorance of the last thing I want to share with you that I've learned - the fact that hospitality is not just a Southern thing. I am very grateful for the overwhelming generosity that the people of Indianapolis have shown to me personally since I've moved here. There hasn't been a single case in which I have had a question or need, whether professional or personal, that someone hasn't generously stepped forward to assist or advise me, and often before I've had the chance to ask. I've learned that Hoosier Hospitality is second to none.

Thank you to everyone, and I look forward to working together with you for many years helping to provide topnotch culinary training and meaningful employment opportunities to our friends, families, and neighbors.



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## EVENT STORIES

# It's Time For Harvest!

PRESENTED BY



HOSTED BY



### HARVEST INCLUDES:

350 wines, champagnes, and ports  
from around the world

Delicacies prepared by the area's  
most talented chefs

Unique silent auction items

**DATE:** Friday, October 20, 2006

**TIME:** 7:00-10:00pm

**VENUE:** The Ritz Charles, Carmel, Indiana

**TICKET PRICE:** \$100 VIP, \$60 general admission,  
\$30 designated driver

**BOX OFFICE INFO:** You can purchase  
tickets by calling (317) 632-2664 ext. 23  
or [www.secondhelpings.org](http://www.secondhelpings.org).

**PROCEEDS:** All proceeds benefit  
Second Helpings



# Who We Help

Second Helpings is currently preparing and distributing up to 3,000 meals per day for more than 50 social service agencies serving people in need. Thank you very much to all of our recipient agencies for all you do in the community!

Allen Chapel AME Church (kids)	Heritage Place (seniors)
Area Youth Ministry (kids)	Hoosier Veterans Assistance Foundation
Barton Annex (seniors)	HOPE International Ministries (seniors)
Barton Towers (seniors)	Horizon Christian Preschool (children)
Bethlehem House (adults)	1001 E Palmer Street
Blue Triangle (families)	Horizon House (adults)
Cathedral Kitchen Breakfast Program	Mercy Land (children)
Christamore House Seniors	Lighthouse Mission (men)
Compassion Center (families)	Martin Luther King Center
Craine House (women & children)	Meadows/Urban League Center (children)
Coppin Chapel at Mt. Zion	Mozingo Place – Partners in Housing
Cummins Behavior Health Systems at Lynhurst	Neighborhood Fellowship (kids)
Cummins Mental Health Center (kids)	Near Eastside Christian School
Dayspring Center Inc. (families)	Parc-Way Church
East 10th Methodist (children)	Salvation Army ARC (Men)
Edna Martin Christian Center	Salvation Army Eagle Creek
Fathers and Families (adults)	Scott UMC
Forest Manor Kids and Seniors	Shepherd Community (children)
Fuzzie Bear Childcare (children)	St. Christopher Center (kids)
Fuzzie Bear Childcare – West	Tabernacle Presbyterian Church (families)
God's Souper Bowl (families)	Universal Behavioral Services (kids)
George T. Goodwin Community Center	Wheeler Care Center
Hawthorne Community Center (kids)	Wheeler Community Center (teens)
	Wheeler Mission (men)

## AND thanks TO THOSE WHO HELP US...

Thank you to Indiana Farm Bureau for your gracious donation  
to support our food rescue and hunger relief programs.



In celebration of their second anniversary, D'Vine A Wine Bar hosted  
a tent party with fabulous food and wine to benefit Second Helpings!  
Nearly \$8,000 was raised from the event. Thanks D'Vine!

## RECIPE OF THE MONTH

# Creamy Creole Succotash



Remove the sausage casing and dice the andouille sausage. The diced pieces of sausage should be approximately the size of the lima beans. Melt the butter in a large, heavy-bottom pan and brown the diced sausage.

Add the onion, red and green peppers, celery, garlic, corn, lima beans, and okra to the pan. Sweat the vegetables until the onions are translucent, but do not allow vegetables to brown.

Add the white wine and creole seasoning and cook until the wine is reduced by 2/3. Add the heavy cream and cook until the vegetables are tender and the cream is reduced by 1/2.

Season to taste with salt, white pepper, and cayenne. Serves eight (8) as a side dish, or four (4) as a main dish served over white rice.

*\* If andouille is not available, a quality hot smoked sausage may be substituted.*

*\*\* See Recipe below.*

## Ingredients

- 8 oz. Andouille sausage\*
- 2 Tbsp Unsalted butter
- 1 ea. Medium yellow onion, diced
- 1 ea. Red bell pepper, diced
- 1 ea. Green bell pepper, diced
- 3 ribs Celery, diced
- 2 Tbsp Garlic, minced
- 2 cups Yellow corn kernels
- 2 cups Baby lima beans
- 1 cup Cut okra
- 1 cup White wine
- 1 Qt Heavy cream
- 3 Tbsp Creole seasoning\*\*
- 1 tsp White pepper
- 1 tsp Cayenne pepper
- 2 Tbsp Kosher salt

## Seasoning Ingredients

- 1/3 cup Paprika
- 3 Tbsp Dried oregano
- 3 Tbsp Ground black pepper
- 2 Tbsp Dried basil
- 1 Tbsp Cayenne pepper
- 1 Tbsp Granulated onion
- 4 tsps Dried thyme
- 4 tsps Granulated garlic

## Creole Seasoning

In a medium bowl combine paprika, dried oregano, ground black pepper, dried basil, kosher salt, cayenne pepper, granulated onion, dried thyme, and granulated garlic. Stir to combine. Store in an airtight container for up to three months. Makes 1 cup.

## AUGUST MENU SPECIALS FROM JUST'CAUSE!

Summer Barbecue	\$7.95 pp	Picnic Luncheon*	\$6.95 pp	Lite Luncheon	\$5.95 pp
<ul style="list-style-type: none"> <li>• BBQ Chicken Breast</li> <li>• Baked Beans</li> <li>• Cole Slaw or Mixed Green Salad</li> <li>• Cookies</li> </ul>		<ul style="list-style-type: none"> <li>• Chunky Chicken Parmesan Salad or Garden Vegetable Tuna Salad</li> <li>• Fresh Fruit</li> <li>• Mini Croissants</li> <li>• Cookies</li> </ul>		<ul style="list-style-type: none"> <li>• Mini BLT Sandwiches</li> <li>• Trail Mix w/ Pretzels, Assorted Nuts &amp; Dried Fruit</li> <li>• Vegetable Crudite Tray with Ranch Dip</li> <li>• Cookies</li> </ul>	

\*Can be packaged as a Boxed Lunch

## INTRODUCING

# Monthly Menu Specials

In July, Just 'Cause Catering rolled out a new special menu that included a soup & salad buffet, fajita buffet, and pasta buffet, with all items under \$8.00 per person.

We will be offering a new menu special each month with great low prices. It's perfect for those last-minute office meetings and social gatherings! See below for this month's selections. Call Kelly at 632-2664, ext. 29, if you are interested in receiving the special menu each month!

**Don't forget:** we cater personal parties too! Birthdays, anniversaries, even a summer picnic—we do it all. Visit our website at [www.justcausecatering.com](http://www.justcausecatering.com) for more information.



# WHAT'S ON THE Menu?

<b>September 16</b>	French Market (St. Joan of Arc Catholic Church)
<b>September 21</b>	Class 42 Buffet, Noon - Please RSVP
<b>October 4</b>	Class 42 Line Cooking, 11:45am & 12:15pm - Please RSVP
<b>October 5</b>	Class 42 Line Cooking, 11:45am & 12:15pm - Please RSVP
<b>October 19</b>	Volunteer Orientation - 6pm
<b>October 20</b>	Harvest (7-10pm - Ritz Charles)
<b>October 27</b>	Class 42 Graduation, Noon - Please RSVP
<b>November 4</b>	Volunteer Orientation - 9am
<b>November 17</b>	Tonic Ball (8pm - Radio Radio & The Fountain Square Theatre) & Tonic Gallery (5 pm, Wheeler Arts Community)
<b>December 7</b>	Volunteer Orientation - 6pm



Eliminating hunger. Empowering people.

**The Eugene and Marilyn Glick Center**

1121 Southeastern Avenue Indianapolis, IN 46202

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