



By the Wayside

• Summer 2008

Dear Wayside Family:

Hello to all! I hope you are all enjoying the warm weather and the start of Summer! It has been a busy spring here at Wayside as we finished the relocation of the warehouse from Sanford to Portland, had two exciting fund raising events, and held workshops for volunteer cooks and coordinators at the kitchen.

Regarding the warehouse, we are setup and busy sourcing food and getting it out to those who need it the most. Tim Morse, the Food Rescue Director, and John Riggillo, his warehouse assistant, did a great job in handling the move from Sanford, the installation of the freezer, and other moving issues. Even with those impediments, Food Rescue continued to work and find food. The warehouse is located at 135 Walton Street. The new location will allow Wayside to save money while offering a much improved distribution service to the pantries, soup kitchens and social services programs of Cumberland county. If you are interested, stop by and see Food Rescue at work. They can always use another hand!

We had two successful events this spring; the Runway Fashion Show and the Old Port Festival. At both, we garnered publicity for what Wayside is and the work it does, as well as some funds.

Workshops were held so cooks and coordinators could interact, exchange best practices, and speak about common issues. They were very well received and considered quite beneficial. If you did not get a chance to attend, please let us know and we will try to schedule one more for those who could not make any of the four we had scheduled.

For the Summer, we are waiting to see what effect the economy will have on the number of meals we serve and the need for food from the food pantries. The Summer season is traditionally the part of the year that we serve the most people and also when the volunteer network is stretched very thin. If you have not volunteered before and/or have free time, I encourage you to contact us to sign up.

In closing, please accept my most sincere thanks for all the work you have done and will continue to do. Wayside would not exist without the dedicated efforts of the countless number of people who volunteer their time and also give so generously. Wayside is a product of those efforts and a testament to your caring!

All the best, Jeff



It is never too early to start helping others!

Thank you! Thank you!

45,000 hours of volunteer service were contributed to Wayside in 2007; a value of \$691,000.

Soup Kitchen Retired:

Betty Warden, Immanuel Baptist, 22 years of volunteer service
Marion Broaddus, Westbrook Warren Congregational, 22 years of volunteer service

Special Recognition:

Tom & Margo Hill, Holy Cross, Volunteers of the Year, Cape Elizabeth

Food Rescue:

- 73 pantries, soup kitchens, shelters and social service providers served in 2007.
- Over 1.2 million pounds distributed free in 2007.
- Over 250,000 pounds of food distributed to the Soup Kitchen in 2007.
- Cost of rescuing food: .12 cents per pound; up .05 cents from 2006.

Farewell to Jane Sudds, Falmouth Food Pantry Coordinator

Jane Sudds is stepping down as the Falmouth Food Pantry Coordinator after serving in this role for nearly 20 years.

Jane's interest in helping others originated with her job as a School Nurse in Falmouth. In this role, she got to know the families of many of her children and became aware of the hardships that some of them were facing. Not a person to just stand by when others were going through hard times, Jane became adept at asking others in her community to provide help for needy children and families. When Jane attended meetings it was a running joke that she would be asking for something!

As she got involved with families in need, Jane learned more about agencies in her area who could help out. The Falmouth Lions Club provided money for milk for children.

PROP used to come to Congregational Church with a truck and Jane got involved in bagging food for needy families. When PROP's funds for this service ran out, Jane knew that they needed a place to store food donations. West Falmouth Baptist Church donated the space and the Falmouth Food Pantry was born. Jane has been serving as coordinator ever since.

For Jane, the best part of the job was helping seniors and families. She saw families in crisis due to an unexpected expense that simply needed temporary help. She found it rewarding helping these individuals when they were down, and especially enjoyed seeing them when they were back on their feet.

Please join us in extending thanks to Jane for her decades of faithful service and a warm welcome to Keri Penrose who will be stepping into her shoes.

Florence Welch and Shirley Martell: 22 Years of Service

“Come and Help”! Those were the words spoken by Shirley and Florence Welch during an interview about their volunteer service with the Wayside Soup Kitchen when they were asked what they would say to people looking to help Wayside.

Shirley and Florence have been regular volunteers at Wayside since 1986 as they were both associated with the Chestnut Street Church, one of the original 13 churches that came together to prepare and serve meals in the basement of Immanuel Baptist. Since that time, they have continued to volunteer with Wayside on the second Sunday of each month. Florence also volunteers at lunch two days a week and makes herself available to help out when volunteer levels are low at other times.



Shirley and Florence have been helping at Wayside since 1986

Florence states “I enjoy the positive experience of volunteering”. Getting to know other individuals and groups and enjoying the camaraderie is a large part of her enjoyment as a volunteer. Wayside now benefits from three generations of Welch's. Her daughter and grandson also volunteer on a monthly basis. Shirley enjoys that many of our guests are able to express their gratitude but understands that, for others, it is just too painful.

Both Florence and Shirley are concerned about the number of younger people needing a meal. When they first started volunteering they would see 30-50 older individuals. That is the most significant change they have seen in their 22 years of volunteering for Wayside.

Please join all of us at Wayside in saluting these two ladies for their perseverance and dedication to Wayside and its mission.

Clark Associates Pitches in to Help

“**W**e are all part of a big team that works together and cares about each other on a professional and personal basis.”

From insuring many of the areas' non-profit organizations, to providing personal, commercial life, and health insurance for individuals, families, and businesses, Clark Associates, Portland's largest privately owned insurance agency, has been serving our community since 1931.

Teamwork and giving back to the community are defining characteristics at Clark Associates, and now a group of Clark's employees is bringing this special brand of caring to the Soup Kitchen.

Gail Lind is the volunteer coordinator for Clark Associates and never has any trouble finding a group of employees willing to commit their time to the Soup Kitchen. Anna Madsen brings the invaluable experience of managing a soup kitchen in Midcoast Maine and is Safe-Serve certified.

Every 5th Wednesday, the group from Clark Associates teams up with a group from People's United Methodist Church of South Portland to staff the Soup Kitchen. This type of collaborative effort is becoming increasingly important in a time where many organizations find it difficult to assemble a large enough group on their own.

Whether volunteering in order to provide a good example for their children or because they have reached a point in their lives where they simply want to give back, this group embodies the generous spirit that characterizes so many of our volunteers and we are grateful to have them as members of the Wayside family.



From left to right: back row: Josh Fifield, Gregg Ritter, Rick Negus, Marty Duggan. middle row: Lorraine Michals, Heather Caston, Jessica Dutton, Evangeline Irish. front row: Sue Nason, Stacey Stubinski, Anna Madsen, and Gail Lind.

Editorial: The Guest Interview

It seemed like a good idea at the time: Introduce the readers of this newsletter to some of the people we serve at the Wayside Soup Kitchen. After all, Feed the Children attracts thousands of new sponsors every year by showing pictures of adorable children in need. Knut, the tiny polar bear cub, has been an invaluable symbol in the struggle to raise awareness about the problem of global warming. He may not deliver the emotional impact of “An Inconvenient Truth,” but he’s a lot cuter than Al Gore! According to Sandra J. Blum, marketing expert: “We’re suckers for cute. It appears we’re hardwired to react positively to attributes of cuteness.” But what’s cute about hunger? Do we see children at the soup kitchen? Of course. But would you want to approach a hungry child’s mother and ask if it’s ok to photograph her little girl for the next issue of the newsletter?

I’ve learned that, while there are many faces of hunger, most of them are not particularly interested in being introduced to the community at large. Would you want to be the poster child for your local soup kitchen? Try asking the man standing in line on Thursday, face down, waiting to take a food packet back to his hungry wife and kids so he can spend the \$20 he would have spent on groceries on gas instead, if he would like to be featured in the next edition of the newsletter. Then ask the woman who is on the run from her abusive husband. Move on to the elderly lady who eats here to supplement her meager social security checks. You get the picture.

The people who work in the soup kitchen every day, who give of their time, resources, and kindness, have the right idea: make Wayside a place where our guests can come for respite from the difficulties that brought them to us in the first place. Offer them a good meal and a kind word, but respect their right to privacy. No one should have to pay with his or her dignity for our assistance.

Special Volunteer Opportunities

Help! Summer is Maine is here. The kitchen & Food Rescue could really use your help serving lunch, dinner, or working in the warehouse in August. Please call the office at 775-4939 to schedule your time to help us prepare meals at the kitchen or pallets of food at the warehouse.

Warehouse: Tuesday, Wednesday and Thursday 8:15 AM – 2:15 PM. Responsibilities include: Inventory Management Pick-ups & Deliveries Pallet Assembly & Distribution

Cleaning & Organizing Soup Kitchen: • Cook: 2nd Wednesday of the month. • Cook: 2nd Friday of the month • Cook: 5th Thursday of the month. • Dining Room Coordinator: 2nd Friday of the month • Dining Room Coordinator: 5th Thursday of the month.

Cooks arrive at 4:00 PM and assume primary responsibility for overseeing meal preparation and engagement of kitchen volunteers who assist the cook with the preparation of the various menu items. This typically involves 3-6 volunteers. Cooks are also responsible for maintaining a safe environment by insuring volunteers are following safe food handling practices and are knowledgeable of the equipment that they are using. Cooks also oversee the cleaning and closing of the kitchen.

Dining Room Coordinators arrive by 5:00 PM and oversee volunteer engagement in the dining room. Responsibilities include welcoming volunteers, assigning dining room tasks, restocking supplies, cleaning and closing of the dining room. Volunteers are brought together prior to opening to offer a group welcome, review the menu, Wayside's expectations of volunteers, and safe interaction with the consumers.

Food Drive: Food Drive: The Wayside Food Drive held at Shaw's Westgate on June 6 & 7 was a great success with more than 1800 lbs of food donated.

Food Rescue Thank you: A big thank you to Miccuci Foods, Currans Vegetables, Barber Chicken, Hannaford Brother's Supermarkets, and Sysco Foods.

Food donations are down and the number of families and individuals served are up.

To Donate Food: Call Tim Morse at 712-4929 or the office at 775-4939. **To Donate Cash:** On-line: www.wayside-soupkitchen.org • Select Donate Through PayPal **To Mail in donations:** Wayside Soup Kitchen, PO Box 1278, Portland, Maine 04104

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