

# COMMUNITY KITCHEN Inc.



*Live Simply  
so that others may  
Simply Live*



## Front Page News

The past few months have been challenging and exciting for us. So many good things have happened along with a few obstacles. In April, we opened a second lunch site at St. Dominic's Parish house at 20th and Atcheson St. in Columbus. Although there is a huge need for our services in this area, we have only been able to stretch our resources to serve three days a week at that site. Each new day of service costs \$150. Our goal is to have enough increased contributions so that we will be able to operate all five days by January, 2012. The Mid Ohio Food Bank has certified St. Dominic's as an official second site for us and St. D's has provided us with a very dedicated cadre of volunteers.

Our Board of Trustees is finishing a year long project that revised our Vision, Mission, and Values and began work on a fundraising plan for the organization. We feel most fortunate to have a dedicated Board and Staff who believe in our work and have been willing to give their time and resources to help the organization become more effective and efficient. The capacity building work with our Board of Trustees was fully funded by The Columbus Foundation.

Much of Marilyn's time recently has been spent in organizing our Thanksgiving Day meal and getting ready for our Christmas party on December 24th. These are two of our signature events for clients each year and are huge logistical operations that require hundreds of volunteers and supporters. Many thanks go out to St. Paul's Catholic Church in Westerville who takes on the task of organizing most of the

Christmas events and also provides our Thanksgiving Day turkeys through their "Bring a Turkey to Church" day.

Nationwide Children's Hospital has offered to donate some much needed kitchen equipment to us when they open their new cafeteria in May of 2012. This is a wonderful opportunity for us but we will need lots of help with moving and installing the equipment. Most of it is very large and will require big trucks and some electrical and plumbing modifications. If anyone has those skills and equipment, we would greatly appreciate some assistance. Fortunately we have until May 2012 to make arrangement for the move and installation.

We now have a partnership with the Volunteers of America. If you donate a vehicle to them in our name, Community Kitchen, Inc. will receive 50% of the sale of the vehicle. This is a great way to get rid of an old vehicle, receive a tax deduction and help two worthy organizations all at the same time!

With the free help of Donna Garrett from Commerce National Bank and Melissa Rady Design, we now have a professional and informative brochure that helps us recruit volunteers and donors. This issue of our newsletter is also the work of Donna and Melissa. Nearly all of our resources and funding is directed towards our clients and our work. Without donations of in-kind services for things like our brochures, we would not be able to get the word out about our good work. Please take a look at the new brochure on our website and also let us know how you like the newsletter format.



### Did You Know?

- 83% of the people living in the St. Dominic's area are living in poverty.
- From January to September 2011, we served over 60,000 meals to persons in need.
- Food stamps for a family of four rarely last longer than 2.5 weeks and do not cover personal care items like deodorant, shampoo, soap, etc.
- We also assist people with transportation for new jobs by providing bus passes for the first week.

## Community Kitchen, Inc.

### Board of Directors

**Joseph Sauline, President**  
Commerce National Bank

**Keri Cooper, Vice President**  
STRS Ohio

**Debbie Olbrys, Secretary**

**Brian Bonnett, Treasurer**  
Student OSU Graduate School

Rabbi Howard Apothaker  
Temple Beth Shalom

Dr. Redd Branner  
Franklin University

Dcn. Steve DeMers  
The Catholic Times

Clifton Hawkins  
Retired USAF

Christopher Plescia  
Nationwide Insurance

Carl L. Smith  
St. Vincent DePaul Society

Dan Snyder  
Retired/Computer Consultant

Christine Sowell  
Retired/Defense Logistics Agency

Rev. Joshua Wagner  
Holy Rosary/St. John

Dr. Christopher M. Weghorst  
The James Cancer Hospital &  
Solove Research Institute

Jeffery Willis  
Dinsmore & Shohl LLP

### Staff

Carol A. Trowbridge  
*Executive Director/President/CEO*

Eric Smith  
*Kitchen Supervisor*

Marilyn Oberting  
*Director of Operations*

Giyneetius (Peppy) Fraley  
*Associate Kitchen Manager*

MJ Muldrow  
*Admin Assistant*

Timothy Travis  
*Dishwasher/Janitorial*

## From the Director's Chair

I have been at the helm of this ship for nearly a year and a half now. Some days it seems like a swift and sleek sailboat and other days a huge, slow and leaky freighter! In addition to our small number of paid staff, our crew includes hundreds of volunteers and supporters who help us complete our journey and mission.

So many wonderful things have happened during the past 18 months. Looking back over this time, I am amazed at the number of people we have touched with our work. But I am most in awe of the number of people who have touched us. There is the gentleman who comes for breakfast and lunch every day and greets me with a big smile and "hello Director" as I walk down the hall in the morning. I think about the donor on social security who consistently sends us \$10.00 every month and sends a note of apology if she is late with her donation. There are volunteers who come as a family to help and teach their children what is happening in the real world. We have churches and businesses who organize as a group to raise money and volunteer. There are vendors who provide their services to us for free so that we can have a clean, safe environment and you can read our newsletter every few months.

During this holiday season, we would like to thank you for the support you give us. Without you our work would be so much more difficult and limited. With you, we are able to sail forward, navigate the shallow waters and meet the needs of many of our most vulnerable citizens. We wish you and your families a joyous and safe holiday season. Thank you for being part of our "crew."

Carol A. Trowbridge, *Executive Director*



## The Holidays

### Thanksgiving

We will be serving a traditional Thanksgiving Dinner on November 24, 2011 from 10am to 12:30pm. It is different than our regular lunches because it is a sit down meal which includes take home food. All of our volunteers, supporters and their families are welcome to dine with us on that day or just stop by to say "hello." There will be a jazz band trio lead by John Minnich. He has volunteered his services for many years. Our volunteer slots are full but as always there are **needs for that day** which include:

- Canned yams
- Instant Mashed potatoes
- Stuffing Mix
- Coffee and creamer
- White sugar or brown sugar

***We welcome all to our table.***



### Christmas

We have started to collect new toys, hats, gloves and socks. We try to collect enough so everyone gets hats, gloves and socks but we seem to run out of gloves for men and women because many 10 to 14 year olds wear adult sizes.

How about a corporate tree decorated with donated gloves, hats and socks? This generous tree would be a great decoration for a lobby or a department. Anyone wishing to do a drive to assure our success please contact Marilyn Oberting at (614)252-6428 extension 238.

# One Day of Volunteering Can Create a Lifelong Commitment

by Debbie Olbrys, Board Secretary

Quite a few years ago, a dear friend invited me to join her and a group from her church to work at the Community Kitchen as a volunteer. As it turned out my first day at the kitchen was on Thanksgiving in 1985. That year was a very difficult one for me personally. I was separated from my husband, waiting for our divorce to be final, and my only child had to go with his father so I could have him at home on Christmas. I was not at my best and if the truth be told, I was feeling alone, scared and more than a little sorry for myself.

From the moment, I arrived at that kitchen that day there was no time to think about my troubles, there was much work to be done and we got busy right away. I was very impressed with the excellent management and overall organization in the kitchen itself. There were giant pans of hot steaming food. ...all the traditional Thanksgiving favorites.

The staff and volunteers had worked for weeks in preparation for the day and they did a tremendous job of providing good quality food in a safe and inviting atmosphere. Most impressive above all else was the way they treated their hundreds of guests. Every single one was warmly welcomed, served with compassion, respect, and above all else...with dignity. I still tear up thinking about all I saw, and learned on that Thanksgiving Day all those years ago.... the emotions I felt and the perspective I gained changed me, and it opened my eyes to things I hadn't realized about the critical basic human needs that exist in our community.

That one day has had a lifelong affect on me, and this year will be my 26th anniversary of working with CKI. It has been an honor to be involved and I am grateful for all they do. In that time, the Kitchen has changed in major ways. Sadly, Don

Ferrell, our longtime Executive Director passed away. He was exceptionally dedicated and he worked tirelessly on behalf of the community. He is missed and will always be remembered for his very caring heart. Additionally, six day a week breakfast service was added in addition to lunch. Then we hired Carol Trowbridge as CEO and Executive Director to help lead the organization into a new future. She has been amazing and we could not be in better hands. She and her team are taking a good close look at all we are doing, and how we are doing it in order to find ways to do more and to take our services to the next level. They have led the charge in setting up a second location at St. Dominic. The number of meals served there daily is growing at a tremendous pace. That confirms the needs are ever present and that CKI is definitely a critical and vital resource in providing nutritious meals to literally hundreds of people each day.

None of this would be possible without the kindness and generosity of our individual donors, business donors, community groups, volunteers and grants. Every single donation is vitally important and we sincerely thank you for contributing and supporting such a worthwhile and important cause. CKI exists to serve... and your gifts make all the difference.

We appreciate you thinking of and remembering the CK this holiday season, and all throughout the year. God bless you and your families.



## Donor Profile

Sometimes we are privileged to actually get to meet one of our long-term donors. Martha has been supporting us for many years and recently visited so she could see the actual impact of her donations. We spent a very pleasant afternoon talking about our work and learning about her family and enjoying the snacks prepared by Eric. Her daughter and caretaker were with her and CKI staff were delighted to have an opportunity to talk tell her how much we appreciate her support.



Martha (in middle) with CKI Staff, daughter Debbie & caretaker

## In Memory and In Honor of:

Thanks to recent supporters who donated in honor or memory of the following individuals:

Laxmi Koduri (mother) from  
Vinod K. Koduri

Patricia Ann Crook (mother) from  
Arts Impact Middle School

Fr. Jack Fulcher from Fr. William Arnold

Nathan Gardner from Larry and  
Janet Gardner

Nathaniel Wharton from Sue Dawson

# COMMUNITY KITCHEN Inc.



640 South Ohio Ave.  
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Non Profit Org  
U.S. Postage  
PAID  
Columbus, Ohio  
Permit No. 2319

## ADDRESS SERVICE REQUESTED

Phone: 614-252-6428

Fax: 614-252-8487

Email: [cki@communitykitchencolumbus.org](mailto:cki@communitykitchencolumbus.org)

Website: [www.communitykitchencolumbus.org](http://www.communitykitchencolumbus.org)

FaceBook: Community Kitchen Columbus

*If you would like to receive our Newsletter electronically, please email us at: [cki@communitykitchencolumbus.org](mailto:cki@communitykitchencolumbus.org). Or return the enclosed envelope with your information.*

## How You Can Help

**Cash donations:** With cash we are able to purchase food and supplies and pay staff. We can buy food from Mid Ohio Food Bank at a cost that is much lower than the grocery store.

**Volunteer:** Our volunteers provide critical help – serving and preparing the meals, driving our van, helping clients with phone calls, general office work, small maintenance issues, and lots of other things! Email Marilyn at [Marilyn@communitykitchencolumbus.org](mailto:Marilyn@communitykitchencolumbus.org) if you can help.

**Donate a vehicle:** to Volunteers of America in the name of Community Kitchen



**Collect needed items:** shampoo, deodorant, toothpaste, and blankets

**Payroll Deduction:** Make an automatic deduction through work to support us.

**Sign up for the Kroger's Community Rewards program.** It is an easy way to shop and donate to us at the same time.

[www.kroger.com/mykroger/Pages/community\\_rewards.aspx](http://www.kroger.com/mykroger/Pages/community_rewards.aspx)



**Planned Gift:** Remember us. If you are a supporter, please consider leaving a bequest for Community Kitchen, Inc. in your will.



THE COLUMBUS FOUNDATION