



Summer/Fall 2015



Volunteer Spotlight - Phoebe DeGree



This Tuesday morning, it's a familiar sight. First, Cindy opens up the kitchen, then the community service workers come to get some deep cleaning done. Folks trickle in to do their usual and customary chores: some working on soup for lunches, the COVO folks come to make and distribute sack lunches, Bill Van Til from the Nativity Food Pantry comes by to see if we have any excess that can be put in the food boxes they'll distribute today. Then, as always, Phoebe DeGree comes through the door and begins the unassuming and essential job of setting the table for 84-some diners who'll come to the first seating tonight.

Phoebe used to do more - a lot more, yet she's happy to still be involved in a way that works for her these days. She's sporty and spry, and you'd never guess her age (we'll let you be the brave one to ask!). And here she is, almost 30 years into her volunteering at Family Kitchen. Thirty years!

Carol Bryant of Trinity Episcopal Church approached Phoebe, a fellow church member, back in 1986 and asked if she'd be on Carol's team for serving meals at this new endeavor a few of the church members were taking on. At the time, they were serving Beef Stew and each team member would bring along either a cake or some Jell-o to add to the meal. Bend was small then; not many were without homes, but there were a number of families and retired folks who were struggling to make ends meet. There were also a number of Viet Nam veterans who would come through the red doors for a meal and always left full up with as many leftovers as they could carry.

Some things are the same now as they were then. Most importantly, Family Kitchen has always served anyone who comes through our doors - no questions, no forms to fill out. Teams still tend to have their special meal that they make and have a lot of fun serving together. "I am so impressed with the volunteers and organization", says Phoebe, "What started as a tiny thing has developed into such a community-oriented entity."

Why does she volunteer still? "I have a long love of this work... and I can still set the table!"

We are certainly grateful. Thank you, Phoebe!

Cindy Tidball, Family Kitchen Program Coordinator

This newsletter editor could NOT imagine Family Kitchen without the leadership, organizational skills, tough love administration, and attention to detail that Cindy Tidball brings to her work every day. She puts in well more than her allotted hours (feel free to waggle a finger at her for that - it won't do any good, but at least you tried!). There is an oversized heart of gold behind that coat of armor she wears, and an often painful amount of compassion for our diners and volunteers. She won't let you gush about her, but next time you see her, you can feel free to give her that knowing look that says you're on to her.



NEARLY SIX YEARS! Cindy's been putting up with us...

Thank you, Cindy for almost six years of awesome!



Margi Robberson and Lee McGee have joined our Board of Trustees

New Board Members

Meet our new Board members, Margi Robberson and Lee McGee!

Margi brings experience volunteering for local programs that work to address the issue of food insecurity in Central Oregon. She volunteers at the Nativity Lutheran Church Food Pantry and through Nativity's service team at the Bethlehem Inn. Her most recent board experience was serving for four years on the board for The Nature of Words. It was a wonderful match for this retired English and Writing teacher (Redmond High School, the International School of the Cascades and COCC). Yet, "In the past two years, I have become interested in and involved in the problem of hunger in our community. I plan to help Family Kitchen in any way that I am needed", she says. "I want to know more about how the Bend community can reach all who are hungry and to understand how different organizations approach this issue."

Lee lived in Kansas, California, Idaho, Corvallis and Georgia prior to her arrival in Bend. She speaks of having two careers: one in financial services and one in procurement, specifically for Hewlett-Packard, where "Working on global teams and learning to negotiate allowed me to understand the value of teams working together, as well as negotiating for the best outcome when teams diverge. I feel that this and other of my work experience will benefit my service on Family Kitchen's Board of Trustees", says Lee. Officially retired since 2012, Lee has been a leader for one of our lunch teams and now feels as though she has the time to put her talents toward the future of making Family Kitchen even more successful!

Welcome Margi and Lee!



MARK YOUR CALENDARS Q1 2016!

It's Family Kitchen's 30th Anniversary and we'll be Celebrating!

Stay tuned for more information...

THANK YOU!

Meal Teams:

- Team Red Door
- Trinity Chicks + a Rooster
- Real Life Christian Church
- Latter Day Saints Church
- Navis Technologies
- IBEX Technologies
- A++ Fridays
- Community of Christ Church
- Deschutes County Behavioral Health
- Dream Team
- Father's House
- First Presbyterian Church
- Bend Church
- Grace First Lutheran Church
- Horizon Broadcasting Group
- Incredible Edibles
- Moody Mondays
- OSU Cascades
- Mt Bachelor Rotary
- St. Francis Church

Business/Organization Gifts:

- The Estate of Beth T. Miller
- In Memory of Dell and Shirley Hendrix
- 10 Barrel Brewing
- Bend Women's Breakfast Club
- Central Oregon Realtors Association
- Christian Womens Fellowship
- LDS Church
- Costco
- Cow Creek Umpqua Indian Foundation
- Deschutes County
- Eastmont Church
- First United Methodist Church
- Foundry Church
- G5 Search Marketing
- Haggen Market
- Hunger Prevention Coalition
- Mid Oregon Credit Union
- Moda Health
- Mt. Bachelor Rotary
- Newport Market
- Portello Wine Café
- Preceptor Alpha Tau
- Safeway
- Source Weekly
- St Charles Health System
- Story Hill Farms
- The Dough Nut
- The Hooter Fund II
- Emergency Food and Shelter Program

Donate Today!

- Online at www.familykitchen.org
- Mail a check to:
Family Kitchen, 469 NW Wall Street, Bend, OR 97701
- Food Donations call: 541-610-6511 or 541-760-5677



Students visiting from Tohuka Gakain High School in Sendai, Japan volunteered for an afternoon recently.

Focus on Partnerships

We've been working on expanding our partnerships with other local service agencies and groups and are happy to now have in place the following:

Mosaic Medical Van	On site once per month
ICON City Shower Truck	On site three times per week
Deschutes County Mental Health	On site twice a week
COCC Criminal Justice Volunteers	On site three times per week
Goodwill Job Connections	On site presentations
Nativity Food Box Program	Regular sharing of ingredients/food items
St. Vincent de Paul	Regular sharing of ingredients/food items
Central Oregon Veteran's Outreach	Tuesday sack lunches provided to camps
Downtown Livability Committee	We provide nonprofit/hunger representation

Have a service you'd like to offer during mealtimes? Financial counseling, resume/cover letter writing, haircuts, foot clinic, parenting skills training, life skills training - **Call!** 541-760-5677 or email donna@familykitchen.org

Welcome Jan Hedges, Our New Assistant Program Coordinator!

JR (Jeff Rickman) left us in June to continue his work at St. Vincent de Paul AND launch his career as a published author. Many thanks for his time with us and best wishes!



We are so glad to announce that Jan Hedges has come on board to fill the position JR left open. Jan will head up our evening and Saturday meals. She comes to us with a background in purchasing, caregiving and child services - among other things. She was born in Prineville and after a bit of time elsewhere has lived in Redmond for the last 40 years. Jan reports that she has been so completely floored by the whole program: the hearts of the volunteers, how much is accomplished here and Cindy's and Juan's care and guidance. Welcome!

Did You Know?

- We make about 25 gallons of soup every week!
 - Each volunteer averages 4 hours per week of service
 - Fifty percent of our financial donations come from individuals
 - We'd love to come talk to your club, group, church or company about Family Kitchen! Call or email: 541-760-5677 | donna@familykitchen.org
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New Board President for Family Kitchen

Juan Knutson is Family Kitchen's new President for the Board of Trustees. Pat Roden served us well for the past two years, through the fire, new hires on staff and bringing some strategic planning into place and we are very grateful for her service.

Happy Summer Everyone!

My name is Juan Knutson, I'm the new board of trustees president for Family Kitchen. I would like to thank Pat Roden, our past president for the wonderful job she did over the last two years. I hope to meet many of you in the upcoming months.

I would first like to thank all of our wonderful volunteers for taking time out of their busy summer schedules to serve our diners at Family Kitchen. It's also BBQ time and we've been serving up hamburgers on the first Tuesday of every month.

Thank you again to everyone that supports our community-supported meal resource that has been serving Bend for almost 30 years! We are planning an Anniversary Party celebrating the 30 years of service in early 2016. We hope that many of you who made Family Kitchen what it is today can come and share your stories and celebrate this milestone event.

Best regards, *Juan Knutson*

Contact Us

info@familykitchen.org
www.familykitchen.org
541-760-5677



Past Board President, Pat Roden alongside outgoing Trustee and longtime volunteer Kathy Drew and Trustee / longtime volunteer Kathy Nemeth.

Thank you, ladies!

We serve anyone who needs a nutritious meal in a safe and caring environment.

Family Kitchen
469 NW Wall Street
Bend, OR 97701

PLACE
STAMP
HERE