

# Halo Headlines

MARCH 2016

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Thank you for your  
on-going dedication and  
support of Kitchen  
Angels and the  
community of Santa Fe.



**VOLUNTEER  
MILESTONE**

Dear Lauren,



*Is it winter? Is it spring? I don't think I know.  
Calendar says - Spring is here.  
Weatherman says - Snow.  
And the snowflakes fall as the snowdrops grow.  
Wear a coat. Take it off.  
Robin on a snowman.  
Is it winter? Is it spring? I don't think I know.*

- Amy Ludwig VanDerwater

**Announcements**

## ANNIVERSARIES

*1 Year*

Marie Larranaga

*15 Years*

Teresa Norton

## IN MEMORIAM

*Celebrating the lives of our  
volunteers and clients*

Bert W.

## Stay Connected



Join Our Mailing List!



## Legislative Funding Call To Action!

Many of you have already responded to the e-mails we sent out earlier. Just in case you missed them, though, House Bill 219, which funds capital projects throughout the state and passed unanimously by both the House and Senate this past legislative session, contains a funding item for Kitchen Angels. The bill is awaiting the Governor's signature.

The funding will help pay for expansion and improvements to our facilities to serve our growing client base.

If you haven't already done so, please take a few minutes and tell the Governor you support this important funding item.

Call the Governor's Constituent Services Office at [505-476-2200](tel:505-476-2200). You can also send the message online by clicking [here](#) and filling out the form. Tell them you support Item #199 of Section 22 of House Bill 219 to appropriate \$230,000 "to plan, design, renovate, construct, improve and equip a facility for a meals program serving homebound and special needs individuals in Santa Fe in Santa Fe county." If you'd like to mention further reasons why Kitchen Angels' meal service is important, click [here](#) and read the entire Call to Action letter.

Thank you for helping ensure a bright future for our organization.

**Raffle tickets** are available at Kitchen Angels for a chance to win a week's stay (July 29 - August 6) at a timeshare condo in Pagosa Springs! The condo, located on the edge of a small lake at Eagle's Loft, a Wyndam Resort, sleeps up to eight people in three bedrooms and has a fireplace, hot tub, and many more amenities. Last year's raffle winner had a terrific time.



Tickets are \$25 each or 5 for \$100 and can be purchased in the office or by phone at 471-7780. The drawing will be held March 30th, so get your tickets today! All proceeds go directly to Kitchen Angels.



There's still time to vote in the [SF Reporter's Best of Santa Fe](#). Kitchen Angels needs you to click [\\_\\_\\_\\_\\_](#)



**Nonprofit Organization.** We won't even make it to the finals unless you take a quick minute and cast your vote. We know that Kitchen Angels is the best nonprofit because of the amazing group of volunteers who come through our doors each week. Help spread the word about our great organization by [voting](#) before it's too late. Thanks!

## Tasty Tidbits

Some foods you eat to stay alive, others you eat because to not would be a crime. There are more delicious foods out there than can be counted, so the tastiest from around the world have been reduced to a [50 best foods in the world](#) list. Many would happily travel half way around the world for #46 - Som tam (green papaya salad). What are your favorite dishes? Did they make the list?



Have you ever heard the story of St. Patrick, the 5th-century Romano-British Christian missionary and bishop in Ireland? According to legend, at the age of 16, Patrick was kidnapped by Irish raiders and taken back to Ireland where he labored as a slave until God told him to flee to the coast where a ship would take him home. Patrick went on to become a priest and returned to Ireland to convert pagans to Christianity. He used the 3-leaved shamrock to teach the Irish about the trinity.

Many people all over the world celebrate his life, as well as all Irish culture on March 17th, the day of St. Patrick's death. Here is a scrumptious collection of [20 Different Irish Recipes](#) that are sure to be perfectly complemented with a pint of Guinness Beer.

## Volunteer Opportunities

We always welcome new volunteers! Here are our current opportunities:

- Monday Driver, Route 3 (S. Capital)
- Monday Driver, Route 6 (Miguel Chavez)
- Tuesday Driver, Route 9 (Alta Vista St.)
- Wednesday Driver, Route 7 (Rufina to Zafarano)
- Wednesday Driver, Route 11 (Cerrillos Rd.)
- Thursday Driver, Route 3 (S. Capital)
- Friday Driver, Route 6 (Miguel Chavez)
- Friday Driver, Route 7 (Rufina to Zafarano)
- Friday Driver, Route 8 (Mid Airport Rd.)
- Friday Driver, Route 9 (Alta Vista St.)
- Friday Delivery Coordinator





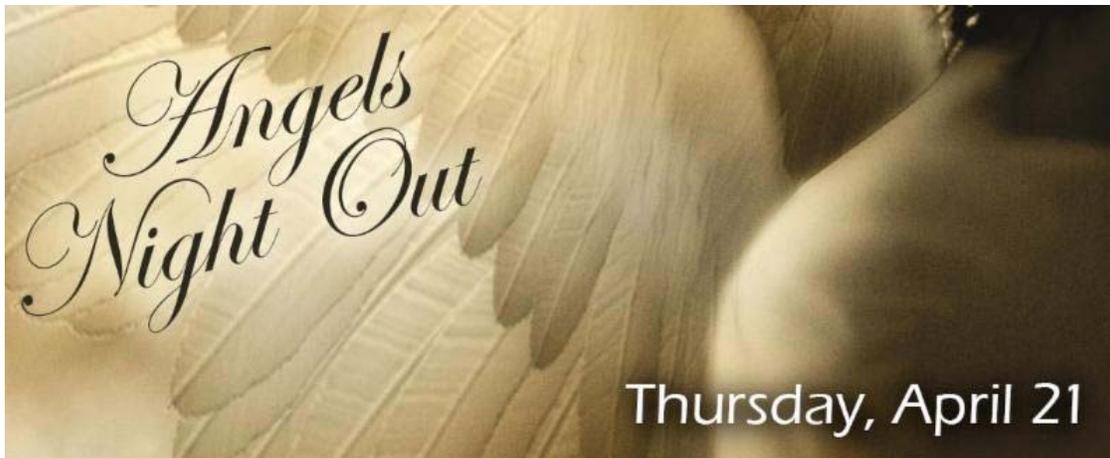
### Upcoming Volunteer Orientations

**Wednesday, March 2nd from 11:00 - 1:00**  
**Wednesday, March 23rd from 11:00 - 1:00**

Please tell people who may be interested to call Lauren at 471-7780

### *Special Volunteer Opportunity...*

Calling all Kitchen Angels volunteers! We are currently recruiting volunteers to serve as **Angels Night Out Ambassadors** on Thursday, April 21st. This is a fun, community-minded event where Santa Feans really show their love for Kitchen Angels. Ambassadors act as restaurant hosts, welcome diners, and hand out donation envelopes that double as raffle entries. If you're interested in becoming an ambassador, please contact [Lauren](#) in the office and she will pair you with another ambassador at one of our lovely restaurants. Thanks!



### *Yet another Special Volunteer Opportunity...*

We're looking for 30 volunteers to take part in a photo shoot on **Sunday, March 6th from 10am - Noon**. Daniel Quat, a local professional photographer will be shooting a picture in the kitchen. The photograph will be used in our capital campaign to show why we need to expand our facilities. We'd love for you to help lend your smiling faces for this fun (and easy) volunteer opportunity. Please email \_\_\_\_\_



*Daniel's last photo shoot of Kitchen Angels.*

## March is National Nutrition Month



March is [National Nutrition Month](#), and proper nutrition is at the heart of Kitchen Angels' mission. The internet is bursting with information about the latest superfoods, foods that claim to cure cancer, reduce weight and even make you smarter! At this point, the problem with eating a healthy diet has less to do with insufficient knowledge and more to do with finding enough time and getting out of our food ruts. This helpful little article on [5 Tips to Kick Bad Eating Habits to the Curb](#) spares you the lists of health foods and goes right to offering hints on how to incorporate this food-wisdom into daily life. It's actually easier than you think!



*Shamrock cups and saucers in Kitchenality. With a little luck, they can be yours!*

For many of us, spring is the time for cleaning out the nooks and crannies of our homes. When you realize you no longer need that lovely set of china passed down to you from your mother's mother's mother, or decide that three Cuisinart blenders is two too many, think of **Kitchenality!** We are taking your outdated or under-utilized kitchen items and turning them into pure gold (cash for our program, that is). You can donate M-F, 9:30 - 5:30 and Saturday 10-2.

Some of you may even be doing a little *internal* spring cleaning. Bodies usually need a good cleansing even more than our homes do! Detox diets, drinks and fasts are all the rage, but not all of them are healthy and supportive for our bodies in the long-term. Here's a good article on [\\_\\_\\_\\_\\_](#)



**Ellen, Sara, Larry, Jane, Russell, and Jill.** And to all of our volunteers who helped make it a memorable evening- Thank you!



*Heather is an angel indeed!*

As many of you know, we've been going through a bit of a paper bag shortage for the past few months. Volunteers **Heather and Jim VanCleave** have been working hard to get donations from the supermarkets in town, which is no small task. After speaking with different corporate headquarters, the bags have finally arrived! Thanks to **Sprouts Market, Smith's and Whole Foods.**

And a great big round of applause for Heather and Jim! Many thanks. Thank you **Richard Arens** for being our man with the truck who brought the bags home. We now have a good little supply, but please remember to continue to collect and bring paper bags to Kitchen Angels!

Kitchen Angels | [505-471-7780](tel:505-471-7780) | [info@kitchenangels.org](mailto:info@kitchenangels.org) | <http://www.kitchenangels.org>  
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Santa Fe, NM 87507

Please forward this email to a friend. It's a great way to share our mission with new folks who may want to join our group. Simply click on the blue link below this box.

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