

# Halo Headlines

MAY 2015

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



**VOLUNTEER  
MILESTONE  
ANNIVERSARIES**

*1 Year*

Dannette Burch  
Rod Welton  
Ana Pacheco  
Jim Rogers

Dear Lauren,



"Sweet May hath come to love us,  
Flowers, trees, their blossoms don;  
And through the blue heavens above us  
The very clouds move on."

- Heinrich Heine, *Book of Songs*

## Announcements



**May 11 - May 16 is Volunteer Buddy week at Kitchen Angels!**

We want to spread the joy of volunteering to more people in the community. That's why we're asking our current volunteers

Heather Van Cleave  
Rose Bramble  
Donna Ruscavage

**5 Years**

Diane Furst

**20 Years**

Elizabeth Bradley

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## IN MEMORIAM

*Celebrating the lives of our  
volunteers and clients*

Winnie R.

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## Stay Connected



Join Our Mailing List!

to invite a friend to join you on your shift. We'd love to welcome your friends, and let them know what we do here at Kitchen Angels. Over the past seven years, our client numbers have increased by 18% annually, but our volunteer numbers haven't experienced the same growth. So invite a friend, a co-worker, a family member, or a neighbor, and show them how one person can make a difference in our community. It's a pretty great feeling.



*Dynamic duo drivers-  
Richard & Michael.*



Russell and Jill teamed up for  
Angels Night Out at Vinaigrette

There are still keys available to purchase in the **Lexus of Santa Fe** vehicle raffle. Lexus is raffling off a two-year lease of a brand new Lexus CT200 Hybrid! There are only 70 raffle keys left. They're \$25 each and a portion of the proceeds from each key sold comes to Kitchen Angels. Please give Lexus of Santa Fe a call if you'd like to purchase a chance to win. Thank you Lexus!



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## Tasty Tidbits



Spring is in full-swing, and we're starting to see delicious fruits and vegetables at the farmer's market: peas, spinach, watercress, rhubarb, asparagus, and gooseberries! Here's a great [link](#) from the BBC for recipes to cook during May. Bon Appetit!

The month of May brings us budding flowers and trees, fresh greens at the market, Mother's Day, prom, and the end of the school year. But did you know that May is also [National Hamburger Month?!](#)

Who doesn't crave a tasty burger now and again? When the urge hits, there are plenty of places in town to pick up one of America's favorite food item: **Shake Foundation** with their dedication to the green chile cheeseburger, **5-Star Burger**, with one sandwich that will feed you for days, and our friends John and Bonnie at **Santa Fe Bite** will serve you their speciality. Or, you could try your hand at making one of these [gourmet burgers](#). So clean up the grill and enjoy! Here's a [few tips](#) on how to form and cook the perfect hamburger, from a couple of grilling experts.



## Volunteer Opportunities

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

- Monday Driver, Route 8 (Mid Airport Rd.)
- Monday Driver, Route 10 (N. St. Francis Dr.)
- Monday Driver, Route 15 (Rodeo Rd./Richards Ave.)
- Thursday Driver, Route 3 (S.Capital/St. Francis Dr.)
- Thursday Driver, Route 12 (Pacheco Rd.)
- Friday Driver, Route 3 (S.Capital/St. Francis Dr.)
- Friday Driver, Route 4 (N. on Cerrillos Rd.)

### Upcoming Volunteer Orientations

**Wednesday, May 6th from 11:00 - 1:00**

**Wednesday, May 20th from 11:00 - 1:00**

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



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## Continuing Education



*Susie in the meditative bread-zone*

Many of us have experienced a sense of well-being and even health benefits from volunteering. It releases stress and can help to put our struggles into perspective. But for many, life is full of stressors. Statistics show that 77% of people in the US regularly experience physical symptoms caused by stress, which can affect every cell in your body. Click [here](#) for a great article from AARP on how stress affects your body, and how to find "inner calm" in today's fast-paced world.

When it comes to educating ourselves on what's *actually* in the foods we eat, one can never be too informed. Out of a desire to know the true ingredients in foods, [FoodFacts.com](#) was born. With over a decade of research and experience, FoodFacts.com is the leading internet source for nutrition and ingredient data. It utilizes a user-friendly food product database, which is perfect for families with allergies, dietary restrictions, or concerns about the use of controversial ingredients. FoodFacts.com uses a food health scoring system, grading food products from A - F based on nutritional value, controversial ingredients, and disclosure of the entire list of ingredients. Look up some of the food products you purchase - you may be surprised at the grades they receive!



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## Thank You, Thank You, Thank You!

Deep gratitude and loads of love to all of the restaurants and volunteer ambassadors who participated in this year's **Angels Night Out**. It was our most successful year to date! Our ambassadors introduced hundreds of people to our wonderful organization. There wouldn't be an Angels Night Out if it weren't for the generous restaurant owners who host the event. But it's our ambassadors that truly put Angels Night Out over the top. This year, our ambassadors brought in over \$32,000 in donations!



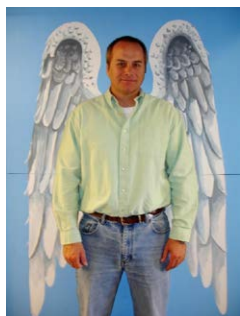
Superstar ambassadors Haila & Karen with Cafe Pasqual's Katharine Kegel

What an incredible show of support from the community and our very own volunteers.

If you'd like to carry the goodwill of Angels Night Out forward, you can continue dining out at the restaurants that participated in the event. When you dine out at any of the Angels Night Out restaurants, take a moment and thank them for taking part. Let's support the restaurants that are helping to support us!



Jacqueline & friend at Back Street Bistro



The tech-gods sent us a real angel in Tim Bock

If you've ever visited the Kitchen Angels office on Wednesday afternoon, you may have met our IT angel, **Tim Bock**. Tim has been donating his services to Kitchen Angels for the past eight years. When he arrived at our doors, we didn't have internet access, e-mail, or a computer network. He has successfully brought us into the 21st century, and kept our information technology systems in tip-top shape. Tim owns [Synacktics](http://www.synacktics.com), an IT consulting firm that specializes in the needs of non-profits. He has been phenomenally generous in the amount of in-kind services he has provided for Kitchen Angels. He says that his time spent at Kitchen Angels is some of the most meaningful work he's doing right now. We're tremendously grateful for all Tim does for Kitchen Angels!

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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.