

# Halo Headlines

JUNE 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,



**How did it get so late so soon?  
It's night before it's afternoon.  
December is here before it's June.  
My goodness how the time has flown.  
How did it get so late so soon?**

*~ Dr. Seuss*

[Announcements](#)

## ANNIVERSARIES

### 1 Year

Sue & Bob Catherwood  
David McPherson  
Jim Steed

### 5 Years

Sean Gallagher

Our thanks to all the volunteers who helped make this year's **Angels Night Out** such a banner year! For those of you who might be interested, we made \$60,865, which is a 13% increase over last year. Our five top-ranking restaurants:

- **Bourbon Grill**
- **Cafe Pasqual's**
- **The Ranch House**
- **Midtown Bistro**
- **Sazon**



Suellen and a group of her friends at **Midtown Bistro**

Twelve restaurants had totals greater than \$2,000, and another 12 were greater than \$1,000! We couldn't be happier about these results. And we couldn't have done it without the hard work of so many of our volunteers!

## IN MEMORIAM

*Celebrating the lives of our volunteers and clients*

David M.  
Mark C.

Many thanks to each of you.

## Kitchenality News...

### Stay Connected



Join Our Mailing List!



Get your books and weavings at Kitchenality's sidewalk sale!

Mark your calendars and tell your friends: **Kitchenality** will have a sidewalk sale on **Saturday, June 18th from 10-2**. Select cookbooks will be 2 for \$1. Dish sets will be on sale as well as lovely Indian weavings that can be used as tablecloths, made into

pillow covers . . . you name it. Come browse the entire store to find treasures galore. We have many items that make perfect gifts for the foodie in your life. Spread the word!

# ADVENTURES à la Carte

Kitchen Angels' **Adventures à la Carte** event series will start this month and continue on into



August. The first adventure is **Cavedigger - A tour of the carved caves of artist Ra Paulette**. The adventure will take place on **Saturday, June 25th**. If you've never viewed this artist's work, you'll want to purchase tickets and feast your eyes! For the past 25 years, Ra Paulette has been digging cathedral-like art caves into the sandstone cliffs of Northern New Mexico. Each creation takes him years to complete, and each is a masterpiece. He calls them his "wilderness



shrines" - massive in scale and poetic in design. The caves we'll tour are on private land in Embudo, New Mexico. A delicious lunch will be served in a lovely pavilion on site.

In addition, we have a very special opportunity for two couples to dine and sleep in the carved cave overnight. Two tickets are available for the night before, on June 24rd, and two for the night of the event. For more information and to purchase tickets, click [here](#).



In addition to this fascinating event, we have two other events that are sure to please. **Star Axis** is an architectonic earth/star sculpture in the desert near Anton Chico, NM. Click [here](#) for more information. The Star Axis tour is on **Saturday, July 9th**.



A guided tour of **Valles Caldera** will happen on **Saturday, August 20th**. You'll love the geological history lesson that comes with this fun outdoor adventure. Click [here](#) for further information on the event.



## *Congratulations to Us!*

We have officially completed our capital campaign and have raised the 1.3 million dollars to purchase the entire Coll-Green Angel Depot and start renovations! It took us two years, but with everyone's generous contributions, we achieved our goal. Thanks to each person who gave. We will keep you posted as to a start date for remodeling.

## *Tasty Tidbits*

**Father's Day is June 19th**, and we know there are many fathers here at Kitchen Angels who deserve to be celebrated! We've been told that one of the fastest paths to a man's heart is through his stomach. So in honor of the hard working, good hearted men in our lives, why not cook him up something special? Here's a nice collection of recipes from [Food & Wine](#) that isn't strictly grilled meat. There must be some vegetarian fathers out there. Enjoy, and a very happy Father's Day to you!





June also heralds the celebration of **National Fresh Fruit and Vegetable Month!** At Kitchen Angels, we love to cook and serve fresh veggies to our clients every day. Some of our clients have even had their taste buds awakened by our meals. Many have thanked us for helping to change their eating habits for the better. In order to eat all the servings of fruits and vegetables that are recommended, one needs to get creative from time to time. Chef, author, and father **Jamie Oliver** has a wonderful website with over [400 recipes](#) just for vegetables! Next time you're short on creative ideas, look here for inspiration.



## Volunteer Opportunities

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

- Monday Driver, Route 3 (N. on Cerrillos Rd.)
- Monday Driver, Route 17 (S. St. Francis Dr.)
- Tuesday Driver, Route 3 (N. on Cerrillos Rd.)
- Tuesday Driver, Route 9 (Alta Vista)
- Tuesday Driver, Route 10 (N. St. Francis Dr.)
- Tuesday Driver, Route 16 (Airport Rd./Jaguar Dr.)
- Tuesday Driver, Route 18 (Agua Fria)
- Wednesday Driver, Route 11 (Mid Cerrillos Rd.)
- Thursday Driver, Route 3 (N. on Cerrillos Rd.)
- Friday Driver, Route 8 (Mid Airport Rd.)



### Upcoming Volunteer Orientations

**Wednesday, June 8th from 11:00 - 1:00**

**Wednesday, June 22nd from 11:00 - 1:00**

### *Special Volunteer Opportunity...*



As you just read, **Kitchenality** is having a sidewalk sale on Saturday, June 18th from 10-2. We're looking for volunteers to help set up and break down the event. Here's what we need:

- ~ 5 Volunteers for set up from 9-10. Must be able to lift 25 pounds.
- ~ 4 Volunteers to help break down from 2-3. Must be able to lift 25 pounds.
- ~ 2 volunteers to help transport items to the thrift store in their cars.

Volunteers are being offered a **Kitchenality** gift certificate and two free cookbooks to sweeten the deal! Please RSVP to [Lauren](#) if you're interested in helping out.

## Continuing Education

There are so many competing opinions about what makes up good nutrition, it's hard to know what to eat and how much! Fad diets abound - Atkins, Paleo, Southbeach - the list is long.

And you can never keep up with whether butter is good for you or back on the black list! Every kind of food imaginable is at our fingertips, but what should we choose? It might be an easier decision than you think if you follow this one simple rule put forth by author and food activist **Michael Pollan**. Watch the short and amusing video below!



## Thank You, Thank You, Thank You!

Many thanks to the volunteers who represented Kitchen Angels at the **CommUNITY Day** event on the Plaza - **Ruth Omlin, Erna Halewyn, Juliana Lujan & Sariya Wilkins**. Every time we show up and let people know who we are and what we do, we strengthen our presence in the community. As our client numbers increase, we need to make sure our volunteer numbers are growing at a similar rate. Thanks ladies, for being such great Kitchen Angels ambassadors.



*Juliana often helps with outreach - thank you!*



Many more thanks go out again to **Heather** and **Jim VanCleave** for securing the donation of two large ovens. **I.T.W. Vulcan** made the donation for Kitchen Angels' upcoming renovation. We're excited about receiving these large pieces of equipment, which bring us that much closer to beginning our kitchen expansion. We will keep everyone posted as plans develop and dates become set for the renovation project.

*Here come the ovens!*

There are some selfless volunteers who need to be acknowledged for their outstanding work in the kitchen. As many of you know, we've had quite a few volunteers out lately, which has left the kitchen with a bare-bones crew. A handful of volunteers have stepped up and worked extra-hard preparing the meals start to finish, and then tackling the huge pile of dishes at the end of the shift. We know it isn't easy to cook for hours, then clean up when you're tired. Many thanks to **Carol Bronstein, Tom Andrassy, Sue Gilbert, Richard Wallen, Sara Ghizzoni, Nancy Hammack, & Consuelo Valdez** - all of whom worked extra hard the week of May 15th. If we forgot a name, please know that we appreciate each of you for all that you do. Thanks for holding down the fort!



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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.

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