

Willing Hands Newsletter

Summer 2009



Dear Friends,

Every day Willing Hands picks up donations of nutritious food and delivers it to our neighbors in need. Donations and deliveries thus far this year have increased to an average of three to four tons each week – we are now serving fifty organizations at least once every week all year long. With food prices on the rise, our recipients are more grateful than ever for the produce they receive from us.

Many of you give generously to Willing Hands by volunteering, donating food, or responding to our Annual Appeal each fall. All of us at Willing Hands are grateful for your support. **We are writing to thank you with an invitation to our Annual Picnic to be held on August 9th from noon to 2pm at the Willing Hands Garden in East Thetford.**



MARK LANSBURGH

All of us thank Mark for his years of energetic support for Willing Hands. As one of our original board members, Mark has been an outstanding fundraiser, recruiter of other board members, and overseer of operations. He has trained devoted drivers, started our Farm Project, fixed the van when it wouldn't start and continues to make his coolers available to us to store produce when our shelves are full. Mark recently retired from the board. We're going to miss him but we know that he will continue to be a passionate supporter of social justice causes with his great energy and generous spirit!

**Between Jan-June '09
Willing Hands
picked up & delivered
approximately
168,000 pounds
of donated produce,
milk, eggs, meat
and whole grain bread**



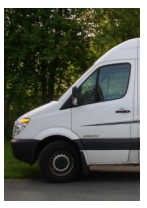
WELCOME NEW BOARD MEMBERS:

Will Allen
Peter Carter
Mark Lindberg

Special Thanks To Our Primary Food Donors:

Hanover & Lebanon Food Co-ops
Black River Produce
Upper Valley Produce
Kendal at Hanover
McNamara Dairy
Upper Valley Co-op
La Panciata Bakery
Baker's Studio
Allechante Bakery
King Arthur Bakery
Blue Ox Farm
Cedar Circle Farm
Crossroad Farm
Echo Hill Farm
Edgewater Farm
Fat Rooster Farm
Hurricane Flats Farm
Killdeer Farm
Luna Bleu Farm
Long Wind Farm
Poverty Lane Orchards
Riverview Farm
Your Farm
Cook-In-The-Kitchen
West Lebanon Feed & Supply
(through their Share The Harvest Program)

*Because they see our van on the road every day and throughout the Upper Valley, folks often ask us how many vans we have.
The answer: we do it all with just one van!*



Willing Hands Inc P.O. Box 172 Lebanon, NH 03766
website: www.willinghandsinc.org contact: info@willinghandsinc.org

Willing Hands Newsletter 2009 (continued)

AT LAST - A HOME FOR OUR VAN!



For four years our van has been sitting outside in the snow, rain, sun, and sleet. We've had to plug in heaters to get it started on cold winter mornings and to hunt for a shaded spot to park it in the heat of the summer.

Now, due to the generosity of Debbie and Jay Van Arman we can rent, refurbish, and insulate one of the sheds on the Van Arman's Farm. Having Jay there to keep an eye on the comings and goings of the van is an additional blessing. Having a convenient, protected place to work is key to our work.

One day we hope to have a cooler in the shed for short term storage of our produce and the milk and eggs that we are beginning to receive.

THE FARM PROJECT

The Willing Hands' organic vegetable garden is now planted and thriving. Under the leadership of board members Will Allen and Jack Lyons, two groups of volunteers tend tomatoes, squash, lettuce, beans, potatoes, beets and carrots - the crops most in demand by Willing Hands' recipients. Our Gleaning Project is expanding as local farmers invite us to their fields to harvest their excess crops. These nutritious, farm-fresh fruits and vegetables are a wonderful addition to our deliveries and are especially appreciated by our recipients.

NUTRITIONAL EDUCATION

We've designed a series of Cooking Workshops to help our recipients make the best use of the food that we give them. We have had workshops at Romano Circle Family Housing, Hannah House, Overlook Transitional Housing, the Woman's Health Resource Center and The Haven. When kitchen facilities are available, we cook together and chat about healthy eating. Otherwise we provide a dish for sampling and offer folks the recipe and ingredients so that they can make the dish at home.

DANCE FOR A DREAM

On May 8th the Freshman Class of the Dartmouth Medical School put on an outstanding fund raising event called Dance For A Dream. Each year groups of skilled dancers donate their talent so the 'dream' of some worthwhile service organization can be realized. This year Willing Hands was lucky to be the chosen one.

This student-driven event raised nearly \$8,000 for Willing Hands, for which we are so grateful. This money will go a long way toward fitting up the shed at Van Arman's Farm. Special thanks to Dana Lin for organizing this fantastic evening.

WILLING HANDS WELCOMES VOLUNTEER HELPERS!

We rely on our volunteers! Please contact us if you want to help with our Nutrition Education Program or Farm Project!

info@willinghandsinc.org



Willing Hands' volunteers gleaning at Edgewater Farm last fall and leading a Cooking Workshop last winter

We send our heartfelt thanks and look forward to seeing you at the picnic August 9.

Willing Hands Board of Directors:

Jack Lyons, President - Suzanne Serat, Vice President - Mark Lindberg, Treasurer - Terry Lyons, Secretary
Will Allen - Peter Carter - Susan Gault - Linda Kennedy - Maura Naughton

Willing Hands Staff:

Heather Bagley, Executive Director - Chuck Egner, Lead Driver - Brendan Collins, Driver - Chris Moloney, Driver

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