



Delivering Wholesome Food to our Neighbors in Need — Summer 2016 Newsletter

Dear Friends of Willing Hands,

In 2004, when Willing Hands was in its infancy, the organization had a stroke of luck. A retired surgeon, Dr. John Lyons (known to everyone as Jack), got interested and joined the board. He was soon named president, a position he has held until last month. Many of you who know Jack will attest that he is among Willing Hands most important assets. In many ways Jack leads from the fields. He has spent countless hours gleaning, gardening, and driving his truck on Willing Hands errands. Jack has steered the organization through two Executive Director transitions and overseen significant growth and changes within the organization.

One of the smartest things Jack did was suggest to his wife, Terry, that she bring her passion for nutrition education to the board. In the fall of 2007, Terry joined the board and immediately began to work on a program to share cooking and nutrition skills among our recipient organizations.

After many years of service, Jack and Terry have stepped down from the board. Their passion for Willing Hands is one of the most significant factors in the success of this organization. Not only have they donated their time, money, and wisdom to the organization, but on countless occasions they have invited and inspired others to do so.

As a more recent member of the Willing Hands family, I have been incredibly impressed by how this organization is driven more than anything by volunteers. Whether it is our board members, gleaners, gardeners or fill-in drivers, it is people like Jack and Terry who make Willing Hands work possible. Although Jack and Terry will be leaving the board, I know they will continue to inspire others with their selfless support of our work.

Sincerely,
Gabe Zoerheide, Executive Director



We deliver to Roger's House senior housing every Saturday

The Numbers:

Pounds of food donated to Willing Hands in 2015?	410,770
Pounds of local vegetables in long term storage this winter?	Over 10,000
Dozens of eggs donated by Pete and Gerry's in June?	6,100
Average number of stops the truck makes each day?	23
Tons of food donated to Willing Hands in the second quarter of 2016?	45.19



FEATURED PARTNER:

PETE *And* GERRY'S
ORGANIC EGGS

Last month something wonderful happened—we started receiving regular donations of Pete and Gerry's organic eggs. Jim McCracken made the first pick up in Monroe NH, receiving over 2 pallets of eggs. We are following this up with regular pick ups by Upper Valley Produce. In June, we received over 6,100 dozen eggs. Pete and Gerry's expects to be able to consistently donate eggs through the summer.

For many food insecure community members, finding healthy protein is challenging. Eggs are a perfect and easy to prepare food. Christina Lorrey from Pete and Gerry's shared a bit about the farm:

“Pete and Gerry's is a 3rd generation family farm producing free range eggs. We are on a mission to create a humane, sustainable model for egg production through our partnership with over 120 small family farms. As the first Certified B Corporation egg producer in the world, we are committed to making the world a better place. We are happy to partner with Willing Hands to provide eggs to our community members in need.”

SUMMER VOLUNTEERING — WE CAN USE YOUR HELP

Contact volunteer@willinghands.org if you are interested in any of these opportunities:

- Driver support—we are looking for a couple of volunteers to tag along for 2-4 hours once or twice a week and help our drivers with pick ups and deliveries. You need to be able to comfortably lift 40 pounds and be available during regular work hours.
- Tuesday mornings and the Thursday early evenings in the Garden — join Andrea and her crew for fun-filled work sessions cultivating a wide variety of produce.

This summer we are expanding our already robust gleaning program:

- **Monday 8:00am at Cedar Circle Farm**
- **Tuesdays 7:30am at Crossroads**
- **Thursdays 7:30am at Edgewater Farm**
- **Blueberries in the Late Summer**
- **Apples in the Fall**



Transitions

There are some new faces behind the wheel of Willing Hands' truck. This means we have said some sad goodbyes to two long time drivers.

Chuck Egner has been driving since the fall of 2008. He is by far the longest tenured driver in Willing Hands history. For many years he was the lead driver and had responsibility for overseeing the maintenance of the truck. On his Monday and Tuesday routes, Chuck greeted each of his stops with a smile and a kind word. We will miss his long-term perspective and hard work.



Chuck Egner

We are as sad that Lynn Caulkins choose to move out of the region as we are of Chuck's retirement. Lynn brought a deep caring manner and genuine thoughtfulness to her Wednesday and Saturday routes. Lynn was especially appreciated by the many recipients she came to know. She worked very hard to fill the Willing Hands boxes with the most useful produce for each stop. Lynn was a delight to work with and we wish her the best of luck on the next phase of her journey.

The positive side of losing staff is getting to welcome newcomers. We were very lucky to hire two stellar drivers to replace Lynn and Chuck. Ray Brewster is a well-know local non-profit raconteur with a long history and many stories from his career working on affordable housing. Ray starts at Willing Hands with intimate knowledge of many of our drop off locations as he had a hand in building them when he worked for Twin Pines Housing Trust.



Lynn Caulkins

Chris Brady is a more recent addition to the Upper Valley having recently retired (partially) to his wife's ancestral home in Norwich. Chris, a long time librarian, brings care and conscientiousness to his Tuesday and Wednesday routes.

Thank You Chuck and Lynn!

Welcome aboard Ray and Chris!



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Yes, I want to help Willing Hands deliver donations of healthy food!

Enclosed is my tax deductible contribution of \$ _____

Name _____

Address _____

City _____ State ____ Zip _____

I'm interested in volunteering to help Willing Hands with:
____ The Farm Garden ____ Gleaning ____ Nutrition Education ____ Committee Work

Please contact me at this phone number: _____ or this email address: _____

PENNIES FOR CHANGE THE COOP FOOD STORES STARTS A NEW CHARITABLE DONATION PROGRAM



You may have noticed as you check out at the Coop Food Stores there is a new “point of sale” charitable donation system, and one of the charities that it benefits is Willing Hands. The Coop recently changed over from a “coin box” for donations to a “round up” program. This means that each time you check out the cashier will ask if you would like to round up your payment to the full dollar amount with the balance being split by four local charities.

Willing Hands was lucky to be named as one of the permanent charitable organizations that the Coop will be supporting. We will be receiving quarterly payments starting this summer. A big thank you is due to the Coop Food Stores and everyone who donates “Pennies for Change”.

New CSA Donation Program with Sunrise and Sweetland Farms

This winter two farms approached Willing Hands with an offer. They wanted to solicit their CSA members for extra shares that would be donated to Willing Hands. We agreed to do this on a trial basis with the idea that if it worked we would invite any additional CSA Farm to participate next year. So far the trial has gone well. Between the two farms we are receiving over 10 shares each week. Through the end of June, Sunrise Farm has contributed over 1000 pounds and Sweetland Farm over 150.



A New Truck?

Our trusty GMC Savana is getting a bit tired after being on the road for over 1500 days and 130,000 miles. We are planning a partial retirement this winter. But first we need to raise some funds for a replacement. Several generous donors have pledged to match the first \$15,000 that we raise this summer for another truck.



We are planning on keeping our existing truck as a back-up vehicle that will assist with gleaning, short term storage and additional food pick ups. This summer is a great time to support Willing Hands as we build our capacity to rescue more food and better support our neighbors in need. Please consider making a gift that will allow us to take full advantage of this matching gift.

BEHIND THE SCENES

Board of Directors:

Peter Carter - President
Susan Gault- Secretary
Phil Lapp - Treasurer
Tim Fisher
Carolyn Frye
Rebecca Hooper Holland
Birgit Humpert
Bartlett Leber
Pooh Sprague
Jay Van Arman



Driving Staff:

Chris Brady
Ray Brewster
Iain Wallis

Operations Manager:

Jim McCracken

Executive Director:

Gabe Zoerheide

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