



TABLE OF PLENTY IN CHELMSFORD, INC.

Up and Running!

Thanks to the support of our generous donors, volunteers, the First Parish Unitarian Universalist Church, and many others, **Table of Plenty in Chelmsford** served its first meal on Tuesday, May 18th, and has been serving meals every Tuesday, 5:00 - 6:30 PM since then. Table of Plenty in Chelmsford, Inc. (TOPIC) is a non-profit organization in Chelmsford, Massachusetts consisting of volunteers who desire to share community with those in need. Our goal is to alleviate hunger and social isolation for individuals and families. *ALL ARE WELCOME* — no questions asked. Our numbers have steadily grown over the summer — from our first meal where we served seven guests to the present where we typically serve a delicious meal to



around 40 appreciative guests each week.

Again, all of this couldn't be accomplished without the support of the community and our generous donors!

Volume 1, Issue 1 October 2010

Special points of interest:

- *MAY 18th, 2010 - First Meal Served*
- *7 guests at our first meal*
- *40 - average number of guests now served weekly*
- *THANKS to all of our donors and volunteers*
- *Many thanks to First Parish Unitarian Universalist Church*

Inside this issue:

<i>Our Volunteers</i>	2
<i>Many Thanks</i>	2
<i>Our Guests' Testimonials</i>	2
<i>Welcome Home Major Frank Hollifield</i>	3
<i>Sample Meals</i>	3
<i>How to Donate</i>	3
<i>President's Message</i>	4

TOPIC in the News

The *Chelmsford Independent*, *The Lowell Sun*, and *ChelmsfordMassNews.com* have all helped to get the word out to the community about the wonderful work being done at Table of Plenty in Chelmsford.

Check out these articles:

- [Chelmsford Independent](#)
- [The Lowell Sun](#)
- [Chelmsford Mass News](#)

Links to the articles are also at: <http://tableofplentyinchelmsford.org/Pages/news.html>

Teams of Volunteers

Presently, we have eight teams of volunteers that rotate each week to cook, serve, and clean up for the weekly meal. Some arrive in the early afternoon to help the cook prepare the meal—chopping vegetables, making salads and desserts, peeling potatoes. Others arrive an hour before the meal is to be served to arrange tables and chairs, put place settings out, brew coffee and tea, and set up drinks. Then still more volunteers join with those already there to help serve the guests and clear dishes. Finally,

a few more helpful hands arrive to clean up. In all, each team is comprised of approximately 16 people. Our volunteers have muscles that help to set up heavy tables, dexterity to dice and chop vegetables, and mopping skills above par, but by far their most defining characteristics are welcoming smiles and warm hearts.

To volunteer, contact our volunteer coordinator, [Marianne Hutchins](mailto:marianne.hutchins@gmail.com) (marianne.hutchins@gmail.com).



Many Thanks go out to...

- ... the many **donors and volunteers** who have supported Table of Plenty in Chelmsford.
- ... **Pastor Ellen Spero and the First Parish Unitarian Universalist Church**, who could not be a more hospitable host. Their support and assistance has been invaluable over the past

Thank you to the family and friends of **Nancy MacDougall**, who was a true friend to Table of Plenty.

six months.

- ...**Jones Farm** for working with us to provide fresh produce for our meals and to

Jessie's Place for their in-kind contributions.

- ... the family and friends of **Nancy MacDougall**. Nancy was a resident of Chelmsford who had been very supportive of Table of Plenty. Prior to her death in August, she requested that donations in her name be made to TOPIC.

What our Guests are Saying



As Bill* finishes his meal and starts to leave, he makes a special point of stopping by the kitchen door on his way out (as he does each week). Giving the cook two thumbs up he says, "Great meal! Delicious! Thank you."

Pat, our cook for that week, beams proudly. "Wait until next week - we are having chicken pot pie."

With a big smile Bill says he'll be back,

"Can't wait."

The comments each week have been overwhelmingly positive. Thanks are offered as well as compliments on how eating at Table of Plenty is like dining out at a nice restaurant.

* *name changed for privacy*

A Welcome Home Dinner

In September, we had a welcome home dinner for Air Force Major Frank Hollifield, who recently returned from a six month deployment in Iraq. His family has regularly attended our weekly meal during his deployment.

We have reached out to families of servicemen and women to come to Table of Plenty. Frank's wife, Dana, has been a familiar face each week along with her three children.

For the welcome home dinner,

Michelle Fox Bakery of Billerica donated a delicious sheet cake with Frank's picture on it for dessert. After dinner, all the guests sang "Welcome Home" (to the tune of Happy Birthday).

With the cake, welcome home sign, singing, and balloons, it was more like a party than just dinner. The guests lingered and chatted with each other and the guest of honor.



The Hollifield Family

How to Donate

Donating to Table of Plenty in Chelmsford is easy:

By Mail:

Table of Plenty in Chelmsford, Inc.
18 St. Andrews Way
North Chelmsford, MA 01863

Easier still is online at:

www.tableofplentyinchelmsford.org

Table of Plenty in Chelmsford, Inc. is a registered 501 (c)(3) organization, and your donation is fully tax-deductible.

You may also wish to consider **sponsoring a meal**. If your group or organization wishes to sponsor a meal, please get in touch with us by emailing:

tableofplentyinchelmsford@gmail.com

This could be a great service project for your organization.

Delicious AND Nutritious

The nutritional value and the taste of each meal is equally important to our cooks. Some sample menus from our nutritionist:

- 100% Fruit Juice, Chicken a la King on rice, broccoli, sliced tomatoes, birthday cake for dessert.
- Chicken pot pie with

cranberry sauce, mashed potatoes, tossed salad, yogurt berry parfait.

- Mandarin oranges, Hot Roast Beef Sandwiches, summer vegetables, cherries and pudding for dessert.
- Watermelon appetizer, Meatloaf, roasted vegetables (potatoes, carrots, corn,



onions), coleslaw, cookies.

Board of Directors

Maureen McKeown

President

Jerry Serra

Vice President

Deborah Kendrick

Treasurer

Mary Moriarty

Secretary

Craig Bonaceto

Nancy Grove

Joe Hehn

Marianne Hutchins

Mike Kendrick

Caithlin O'Brien

Bonnie Rankin

Pat Schroeder

Merri Serra

Nancy Stadlander

Diane Taylor

Contact Us

By Mail:

Table of Plenty in Chelmsford, Inc.
18 St. Andrews Way
N. Chelmsford, MA 01863

By Phone:

978-710-8EAT (8328)

Email:

tableofplentyinchelmsford@gmail.com

On the Web:

www.tableofplentyinchelmsford.org

Follow Us On Facebook:

<http://www.facebook.com/tableofplenty>

Ask a friend to join our email list by sending their email address to us at: tableofplentyinchelmsford@gmail.com

A Message From our President

From the beginning, our board has had the enthusiastic support and guidance of the board members of Open Table in Concord. We appreciate the time they have shared and the insights they have provided.



Each week our guests arrive ready to share a meal with their new and old friends. And each week, the buzz and laughter brings smiles to the faces of both guests and volunteers. One guest commented that the part she likes best about coming to Table Of Plenty is that it is so welcoming!

Our newest addition is a monthly birthday cake on the fourth Tuesday of each month. Guests with birthdays that month get a second piece of cake!



Maureen McKeown

Chelmsford residents have truly opened their arms and hearts to the community. With your generosity, we look forward to watching Table of Plenty grow.