

Summer 2011 Newsletter

## Reflections on Four Years of Nourishment & Connection



Dear Friends,

Construction has begun on our new building and we're hard at work planning our move and the program growth that our beautiful new home will make possible. [Read more about our progress on page 6.] At the same time, I've been flooded with memories from the past four years – all the incredible teens who've cooked at Ceres and the many, many clients whose lives we've touched and supported.

**Ceres Community Project has always been about two things: providing love, healing and support to families in need through sharing nourishing meals, and giving teens and adults alike meaningful ways to make a difference.**

From the very beginning our clients sent "love notes" – cards, notes on little slips of paper, and emails – letting us know how much the food meant to them. One of these early clients was a woman named Victoria, a single mom of two small boys who'd been diagnosed with breast cancer at age 29 when her sons were just one and three. She sent me an email in 2008 that included these words . . .

*The Ceres Project has been such a blessing to my family and me throughout these challenging times. I definitely have a full plate with keeping up with my kids and maintaining my health. It can be quite overwhelming at times to get everything done while*

*having pain, fatigue, and nausea from cancer and/or treatment. Because of this service, I have more time and energy for the things that matter in life like my kids and healing. Instead of putting in many hours of effort to prepare high quality nutritious food, it is lovingly delivered to my home every week. And the food... words can't even begin to describe how incredible the food is!*

Victoria died when she was just 34, but Ceres helped lengthen her life, giving her precious time with her boys. In the last few weeks she was eating very little. Her client liaison Cherie asked her if there was anything at all that sounded good. "The coconut pudding," she said. That week at the kitchen, I told Amy and Jewels, two of our teen chefs, about her request and set them up to make it. When we shared the news of her death a week or so later, the girls knew they had granted one of her final wishes.

All of us long to feel like our lives matter, and to know that others care. Ceres brings that to life for all of us – our clients, teen chefs, volunteers, donors and community partners. Here's a recent thank you from one of our many clients:

*A diagnosis of breast cancer sends your world upside down - while loving family members are well intentioned, they too are overwhelmed by the process of finding the best treatment options,*

*(continued on next page)*

*Ceres' teens were named the 2011 Heroes in Healthcare Under 18 by Palm Drive Healthcare Foundation. Holding the plaque they received are, left to right, Madison Beckett, Dylan Miller-Jones, Chandler Gomez, Dominique Matano, Tyler Smith, Carly Fernandez, Larissa Saschin, Derrick Matano, Sophia Metzner, Molly Endries, Diana Tenenbaum and Mica Burnes.*

Ceres teens have prepared 82,000 meals for individuals and families dealing with cancer and other critical illnesses.

## Gratitudes from Our Clients

Dear Ceres,

Thank you for the meals. Thursday was like a smile and Christmas every week. The meals were great! I will never forget Ceres - a true life-line.

JK



*making arrangements for those treatments and then incorporating all of the above into already hectic schedules. Perhaps most difficult is dealing with the emotional components of the disease with its fears of loss, hopes for recovery, and the roller coaster ride that inevitably accompanies the journey.*

*Enter stage right, the Ceres Project - You "get it" - you are right there with understanding, knowledge and the ability to back it up with caring, dedicated staff and volunteers, ever ready to nurture mind and body with nutritious, healing meals. At a time when I needed you most - there you were. I thank you for "being there". My journey is not complete, but I will carry you all with me into the future. Thanks so much for all you have done.*

*Fondly, MS*

Now, because of the support you've provided, the magic of Ceres is spreading out across the country, beginning with The Village Food Project in Bay Village, Ohio in January and now through Pathways Cooks in Summit, New Jersey.

Here's a "love note" from a client in Summit:

*We are overwhelmed with gratitude and appreciation for the thought and*

*care that went into this experience and for the fact that it was here. . . Dinner felt like a little miracle tonight. A complete meal, so healthy, unbelievably delicious and in our own home. Thank you from the bottom of our hearts. My husband, David, was moved to tears when Michele arrived with the bag of wonders. My stomach is full but most of all my heart is full. What more is there?*

**Since March 2007 Ceres' clients have sat down to 82,000 meals. Each time, the food nourished them, eased their burdens and let them know that someone cared.**

In this issue of our newsletter, we're celebrating the hundreds of volunteers whose generous donations of time and love are essential to the work we do. **Whether or not you are a volunteer, past client, teen, community partner or donor, thank you for being part of this circle of love, generosity, nourishment and connection.** And please continue to share your support as we move into our new home and chart the next chapter in this adventure we call Ceres Community Project!

With Blessings,

Cathryn Couch  
Executive Director

# Harvest of the Heart

## October 2 at DeLoach Vineyards

Registration is now open for Harvest of the Heart, our annual fundraising event which will take place on Sunday October 2 at DeLoach Vineyards in Santa Rosa. We've planned an unforgettable afternoon and evening featuring outstanding wines and delicious Ceres Project foods, together with a silent and live auction, all in the beautiful and intimate setting of the DeLoach Vineyards guest house.

### Two ways to attend

Join us for the *Garden Party* from 3:30 to 6:00. We'll be pouring six or seven fantastic wines and – thanks to event sponsor Whole Foods Market – offering an array of appetizers featuring local artisanal products. Hear inspiring stories from our teens and clients. And bid on one of our cool silent auction items, including an exclusive vineyard tour, tasting and lunch at Skipstone Winery and a Wine Country plane flight with a gourmet picnic.

*Dinner Around the Pool* (limited to 156 guests) features a gluten and dairy free (and totally delicious!) feast served at your table by our teen chefs and paired with DeLoach Vineyards Pinot Noir and Balletto Vineyards Pinot Gris. Bid on amazing live auction items like a very special boar hunting experience at a private Sonoma County ranch, a Year of Massage, a unique sculpture by Patrick Amiot and Brigitte Laurent, or for the third year in a row, Chef Rick Goldberg's amazing seven course dinner served in your home. Your evening ends with a dessert sampling and organic Taylor Maid coffee and Chado-En's very special teas.

**We expect dinner to sell out by the end of August so please register early if you plan to attend the full event.**

### New this year: Buy-In Parties

Even if you aren't able to join us, you can still participate! For the first time this year we're offering a totally cool concept: the Buy-In Party. Here's how it works. We've dreamed up a dozen amazing and unique experiences and set dates for them. See a few that you can't resist? Sign up by yourself or with a group of friends. Then look forward to spending a fabulous afternoon or evening with a group of terrific Ceres Project supporters.

Here are a few of the parties to tempt you! To see the complete list with full descriptions, or to register, visit us at [www.CeresProject.org/HarvestoftheHeart](http://www.CeresProject.org/HarvestoftheHeart). Each party is limited to just 8 to 24 lucky guests so if you're tempted, register early!

### An Evening in Spain

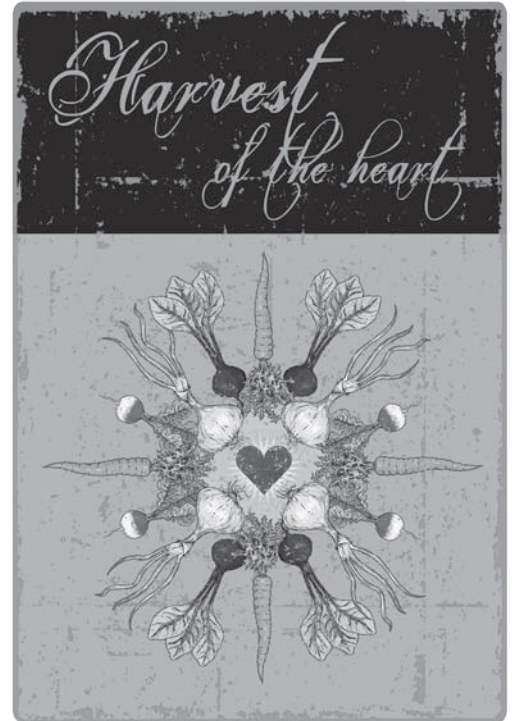
Paella, incredible wines and Flamenco dancing all in the intimate setting of the wine cave at Gloria Ferrar.

### Giving Life

A private afternoon at The Melissa Garden Honey Bee Sanctuary with Barbara Schlumberger and Biodynamic Bee Keeper Michael Thiele with an organic sourdough pizza lunch prepared by The Pie Place from the outdoor pizza oven.

### Mushroom Foraging & Feast

Join Sonoma County Mushroom Association (SOMA) chef and local wild edible mushroom expert "Mycochef" Patrick Hamilton to learn about, collect and prepare local species of edible wild mushrooms. Your journey begins with short seminar on the major local species of wild mushrooms, edible mushroom identification, and mushroom species to never, never, eat! Then you'll head out to forage in the woods learning as you gather. Back at the ranch, Patrick will share some of his scrumptious methods for creating mouth-watering delights in a hands-on cooking class followed by a mushroom feast.



**October 2, 3:30 to 8pm**  
**DeLoach Vineyards**  
**1791 Olivet Road**

**Ticket Sales Now Open:**  
[www.CeresProject.org/HarvestoftheHeart](http://www.CeresProject.org/HarvestoftheHeart)

### Presenting Sponsors



**Anthem**   
 Blue Cross

**Thanks to the generous support of our event sponsors, 100% of ticket and auction sales will directly support our work teaching young people and delivering nourishing meals to families in need.**





*Volunteers work as teen and adult mentor chefs, delivery angels and client liaisons; they pick up produce donations, sterilize containers, serve on our board, make Vital Bites and Immune Broth, put up flyers, mail out cookbooks, coordinate deliveries, assist with classes, table at events and more!*

## Volunteers Make Our World Go Round!

It takes a lot of hands to keep Ceres going strong each week, and on June 18 we celebrated the many volunteers who give so generously of their time and talents at our Annual Volunteer Appreciation Party. It was a lovely afternoon of friendship, good food and live jazz at the Ives Park picnic area.

As we move into our new home later this year and expand our services, there

will be more opportunities than ever before for volunteers to play vital roles in our work. To learn more about volunteering with Ceres, join us for our monthly orientation meetings, held at the Capers & Co kitchen, 330 S. Main Street in Sebastopol on the 3rd Tuesday of every month from 5:30 to 6:30 pm. Information is also available on our website.

[www.CeresProject.org](http://www.CeresProject.org)



*During 2010, our teen and adult volunteers worked for 13,000 hours, donating \$264,400 worth of services! Because of their generosity, we delivered 26,100 meals to 186 families in all parts of Sonoma County.*

*Eva & Linnea Nierenberg, Maya Contardi, Dillon Miller-Jones, Barb Weems, Jasmine Elliot and Andrew Martin talking with Meal Program Director Margaret Howe.*





## Wish List

### Building Materials/Supplies

Metal studs for framing 2"5/8 x 3"5/8  
 Plywood to match exterior  
 Shelf hardware/ nails  
 8 interior doors. Solid core.  
 Birch prefinished or paint grade  
 Door hardware for all doors  
 Door stops  
 Keying  
 New sheetrock –  
 approximately 8000 sq.ft  
 Tile Floor for kitchen – approximately  
 1400 sq.ft. quarry tile with base  
 Laminate floors – approximately  
 1400 sq.ft. laminate floors  
 New T bar ceiling –  
 approximately 2800 sq.ft.  
 Bath accessories (2 bathrooms)  
 \* Toilet paper dispensers  
 \* Paper towel dispensers  
 \* Handicap bars  
 \* Toilet partitions (4 stalls)  
 Exterior decorative light fixtures  
 Interior decorative light fixtures  
 Interior nondecorative light fixtures

### Kitchen Equipment

Commercial grade kitchen equipment:  
 ranges, convection ovens  
 Stainless steel prep tables  
 Lockers for teens

### Kitchen Supplies

Pyrex 10 x 15 baking pans, loaf pans,  
 pie plates  
 Sheet trays  
 Small to Medium size pots  
 (2 to 10 quart)  
 Metal sieves and colanders –  
 small to large  
 Bowls – 1 quart to 20 quart  
 Miscellaneous – good quality peelers,  
 measuring cups and spoons, long  
 handled wooden and metal spoons,  
 whisks of various sizes, rubber  
 spatulas, serving utensils, etc.  
 Coffee cups, dishes, glasses, silverware  
 for community events

### Office Furniture & Equipment

Stacking chairs for meeting rooms  
 Rectangular folding tables  
 for meeting rooms  
 Printer/copier w/duplexing capability,  
 professional business use (Ricoh,  
 Brother, etc.)  
 Lateral filing cabinets  
 Good quality couch and  
 comfortable chairs  
 Matching living room chairs  
 Coffee and end tables

### Other

Outdoor furniture  
 Gardening supplies –  
 wheel barrow, racks, hoes, shovels  
 Energy efficient washing machine

## Construction is Underway!



Greg Miranda  
 Community Builders



Thanks to all of you who attended our first Work Party days and helped with the demolition on the new building. All of our permits are now in place, and construction is underway. We are blessed to be in very good hands with our partners at Community Builders Group. Not only are they guiding our decisions and helping to develop cost effective and elegant solutions, they are also reaching out to their extensive network of contractors and material suppliers to save us as much money as possible.

We still need everyone's help to complete this project, both with financial support and as volunteers at the project site (see below). While we are close to having the financing in place to cover the project, \$100,000 of this is a very low interest loan from one of our donors. And we have not yet raised the funds to cover the landscaping. Here are some examples of parts of the project that need funding:

- Kitchen (excluding equipment) \$57,000
- Community Meeting/Dining Room \$35,000
- Storage Shed \$7,000
- Residing the building \$15,000
- Exterior stone wall \$10,000
- Double sliding glass doors for kitchen / dining room interface \$5,000

If you are interested in helping with funding, please contact Cathryn at 799-7489 or [Cathryn@ceresproject.org](mailto:Cathryn@ceresproject.org).

**Weekly Video Update!** Beginning in mid-July you'll be able to find weekly video updates at [www.CeresProject.org/NewHome.html](http://www.CeresProject.org/NewHome.html) (click on Help Us Build Our New Home from our home page). We'll show you the progress being made and talk about the work that we'll be doing at the coming Saturday's work party.

## How You Can Help

**1. Donate.** Consider making a special one time gift, above and beyond your annual support to Ceres, to help with the completion of the building project. Every gift makes a huge difference! Checks can be sent to Ceres Project, PO Box 1562 Sebastopol, CA 95473. Please write Building Project in the memo. You can also donate via our website at [www.CeresProject.org/NewHome.html](http://www.CeresProject.org/NewHome.html) or click on the photo of the new building in the right hand column of our home page.

**2. If you are a building contractor or subcontractor of any kind, we need your help!** If you are willing to donate your services, or provide them at a discounted rate, please email Greg Miranda of Community Builders Group, [greg@communitybuildersgroup.org](mailto:greg@communitybuildersgroup.org), or call him at 707-483-6071. To see a list of all building jobs, please visit [www.CeresProject.org/NewHome.html](http://www.CeresProject.org/NewHome.html) or click on the photo of the new building in the righthand column of our home page.

**3. Volunteer at our Work Days.** There will be Community Work Days almost every Saturday beginning July 9. If you would like to volunteer on the project, check the Ceres Project website, [www.CeresProject.org/BldgRmdl](http://www.CeresProject.org/BldgRmdl). You can also call Greg Miranda, 483-6071, or email him at [greg@communitybuildersgroup.org](mailto:greg@communitybuildersgroup.org).

**4. Donate to our Wish List** of equipment, furniture, kitchen supplies and other needs. Please email Deborah Ramelli, [Deborah@ceresproject.org](mailto:Deborah@ceresproject.org) or call the office, 707-829-5833.

## Redwood Hill Farm & Creamery: Ceres Project Partners since 2008



CEO Ken Strunk with Bice family members Sharon and David standing in front of “Ceres’ pallet” in Redwood Hill’s walk in.

Ceres is blessed to have incredible community support but no one has been saying “yes” in as many ways and for as long as our friends at Redwood Hill Farm & Creamery. It all began at a Sebastopol Sunrise Rotary Club meeting in the summer of 2008. Ken Strunk, now CEO at Redwood Hill, handed Cathryn his card and offered to help with refrigeration.

Today, Redwood Hill’s support includes a generous annual corporate donation, incredible cheese tastings at our events, goat milk kefir for our clients, support of our annual fund-raising event, storage space in their warehouse for cookbooks and containers, donations to our auctions, and yes, refrigeration. For the past three years, we’ve stored all of our donated produce in a special spot in one of Redwood Hill’s enormous walk in refrigerators. Without that space, we literally would not be able to do what we do.

Family member David Bice, Manager of Events and Community Relations, shared that supporting Ceres is important to Redwood Hill “because you teach valuable skills to young people, but also because of what they learn about being caring, compassionate people. It’s also personal for us – we’ve had cancer in our family. My Mom, who started Redwood

Hill forty years ago, died of cancer a year and a half ago. She outlived her diagnosis in large part due to our goat milk kefir, good nutrition and the love and support of family.”

Over the past few years, Redwood Hill has become part of our family. From warehouse manager Graham Goodenough to owner Jennifer Bice, the folks at Redwood Hill share our passion for giving teens opportunities to learn and supporting families in need with foods that are healing. They’ve been on our team since day one and we feel blessed week in and week out to have their partnership!



Redwood Hill’s goat milk kefir is cultured with ten live and active kefir cultures. Enzyme and probiotic-rich kefir strengthens the immune system and promotes digestive health. Redwood Hill’s version contains no sugar, artificial coloring or preservatives.

You can find Redwood Hill’s products at Pacific Market, Whole Foods, Andy’s Produce, Fircrest and Nightingale Breads in Forestville.

## Buying or Selling a Home?



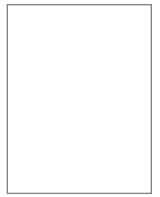
Now you can generate **BIG DONATIONS** for **Ceres Community Project** when you buy or sell property through our fund-raising partner, My Broker Donates.



- ZERO cost to you
- ZERO cost to Ceres Community Project
- Caring, qualified brokers that you approve
- A \$500,000 home = A \$2,000+ donation

CERES COMMUNITY PROJECT  
PO BOX 1562  
SEBASTOPOL CA 95473

WWW.CERESPROJECT.ORG  
707-829-5833



## Naming Ceres Community Project in Your Will or Trust

It's easy to make a lasting gift by including  
Ceres Community Project in your will or estate plan.

If you've done so already, we'd love to know.

Please call Deborah at 829-5833 or email [deborah@ceresproject.org](mailto:deborah@ceresproject.org).

To find out more, talk with your lawyer or estate planner.

Gifts can be unrestricted or designated for a specific program.

Ceres Community Project's tax ID is 26-2250997.