Ceres is committed to developing young people to be active, engaged leaders in our world. Through a hands-on experience of learning, growing and giving, we help them discover more about who they are, what they are capable of, and what they are passionate about.

As teens develop their own sense of worth and agency, they are empowered to make healthy choices -- about food, nutrition, and how they choose to live and share our planet. Through their work preparing meals for families dealing with serious illness, they learn about the power of giving back and realize that they are essential contributors to their community's well-being.

After a year at Ceres and demonstrating a certain maturity and commitment, we invite selected teens to become Teen Leaders. In this role, they are expected to help model the Ceres culture and to take leadership in the kitchen and garden. They also have a variety of opportunities to represent Ceres in our community, from assisting at our Volunteer Orientations to speaking and serving at events.

As part of our commitment to honoring the important role teens play at Ceres, we reserve one spot on our Board of Directors for a teen. The newest teen member of our Board is Sonya Dexter, a junior at Analy High School. Sonya shared the following thoughts about her experiences at Ceres:

I have now been a part of the Ceres' community for over two and a half years. During this time I have learned much about cooking, nutrition, being part of a community, and leadership. Most importantly I have learned more about myself and how it feels to help others - whether they are the people we serve or other teens in the kitchen.

When I first came to the project I was shy and not very confident. I was sure I would be overwhelmed with whatever I would be asked to do in the kitchen. I was also worried that I would be intimidated around all of the older kids who already knew each other and how to handle themselves in the kitchen.

From Executive Chef Rob Hogencamp’s kind and patient encouragement and training, to the warm welcomes I received from the other teens, I quickly felt as though I was not just a kid volunteer taking up space but an appreciated friend and productive member of Ceres community. Basically I realized I could be myself and the others in the kitchen would accept me for exactly who I was. To have that level of comfort is a wonderful feeling. To experience that and also know you are working with others to make a difference in someone’s life is pretty rare among most of the high school students I know.

Becoming a Teen Leader allowed me to pass on these feelings of camaraderie and accomplishment to newcomers while proving to myself that I can be brave enough to lead.
Being a leader has allowed me to see that it is not about telling people what to do or how to do it, but rather how you tell them and how you listen to them.

Teen Leader Sonya Dexter

Just as the leaders before me encouraged me, I have tried to do the same and it has allowed me to grow in many ways. I quickly realized that being a leader is much more difficult than it sounds. Rather than just making sure that the job is getting done safely and that meals will be ready on time, I learned that I need to really listen to what others are saying and to be aware of what they are thinking and feeling. Sometimes it means starting a conversation with a new volunteer who is silently working next to you to learn more about them, and other times it means learning how to appropriately bring up an issue that has been discussed at the teen leader meeting. I also continue to learn it is not so much what you say but how you say it that encourages others to reach a goal.

I’ve enjoyed many experiences at Ceres beyond what I do in the kitchen, from helping prepare our garden for its first crop to promoting our project with the Kitchen Sisters on NPR. I have worked at our benefits at Osmosis and Zazu, and at all three of the Harvest of the Heart fundraisers. When I have worked these events representing Ceres, I have always tried to do so with the intent to make people proud of who we are and what we accomplish.

I wanted to serve on Ceres’ Board for a variety of reasons. For me, the biggest benefit of working at Ceres is the fact that I can actually make a difference in someone’s life. To be able to become a member of the Board and look at the bigger picture of how that gets accomplished is an amazing opportunity. I look forward to seeing the dynamics of how decisions are made, providing my own perspective as a teen volunteer, and playing an even bigger part in the community I care so much about. ♥
Thanks to Your Support
We’re Making a Difference for Twice as Many Families in Need

Ceres is the silver lining in a cancer diagnosis. Thank you for making these delicious meals every week. They feed me in many ways!

~ Kim B.

Thanks to our wonderful new home and your generous support, Ceres is now supporting 80 client families – nearly 140 people – each week with beautiful, delicious and nourishing meals made with love. At the current rate, we expect to provide 60,000 free and delivered meals in 2013, more than double the 28,550 we provided in 2011. That’s a big jump and we couldn’t have done it without help from our hundreds of teen and adult volunteers and the thousands of you who contribute financially.

It’s easy to get lost in the numbers, but each of them represents a real person in the midst of one of the most challenging times in his or her life. Clients often tell us that it was hard for them to call Ceres. They were sure someone else needed the help more than they did. But Client Manager Lili Gunter, who talks with each potential client that calls Ceres, knows personally that each of them is more than deserving of our support. Like the 28 year old who is facing a cancer recurrence just weeks after passing the 5 year mark of being “cancer free”. When Lili shared how Ceres would support her during treatment she felt hope for the first time. Or the client who is undergoing radiation for breast cancer at the same time her husband needs back surgery for a work related injury and she’s the primary caregiver for her sister with a brain tumor.

The meals we provide offer much more than just good nutrition. Our goal is to nourish each of these clients and their family members and caregivers. Nourishment means real food that is healing as well as beautiful and delicious. Nourishment means the caring support of a Client Liaison who calls each week to see how you are doing, and a Delivery Angel who comes in for tea. It includes a special gift at the holidays, a bouquet of flowers from the garden, and a handmade card from one of the teen chefs. Nourishment also means learning how your food choices can make you both feel better and heal faster.

I was in bad shape when I first got here (West County Health Center). We started going to the Ceres classes and learning about the food and herbs. I felt so bad, and Anja needed some help with the food, so we applied to the meals program and got accepted. That really helped—I started feeling better, had energy, mentally I started to clear up. Now we are eating like that all of the time, we use the Immune Broth, and have started taking a lot of the herbs they recommend. We are volunteering for Ceres now that I feel so much better. Every bite was love. It’s like eating love, real love. ~Loba

Ceres’ clients come from every part of Sonoma County – from Cazadero and Healdsburg to Sonoma, Petaluma and Bodega Bay. Two-thirds of our clients are women, and 41% are under the age of 60. While 86% of clients have a cancer diagnosis, the percentage of clients struggling with other illnesses is growing. These clients have a wide range of diagnoses from chronic pain and Hepatitis C to Crohn’s Disease, ALS and MS. Almost all of our clients are economically challenged – 88% have household incomes under $45,000 and 57% have household incomes under $25,000. And we know that illness often (continued next page)
At a difficult time you came to our aid. Thank you for the caring spirit you show. A lot of kindness and thoughtfulness, besides good ingredients, went into the food. The caring behind it all is especially appreciated and this also has a healing effect. Not only are young ones learning to prepare healthful foods but they are also benefiting from the happiness of giving—a reciprocal benefit.

With love and appreciation,
Gary and Barbara J.

adds a significant financial burden. In the past more than two-thirds of our clients have been people living alone with little or no support but this year we have begun to support more families where a parent or child is struggling with illness.

A recent example is a 40 year old father of twin 5 year olds who has just been diagnosed with lymphoma and is facing months of treatment. Another client is 38 with a 1 year old daughter. She’s just been diagnosed with acute MS. Her symptoms are excruciating, she’s been in and out of the hospital, and she cannot be left alone or pick up her toddler for fear of falling.

At 80 client families and more than 1,000 meals a week, we are close to capacity in our Sebastopol kitchen. We know that there are many more people who desperately need our support. To help meet that need we are exploring how best to expand our services here in Sonoma County. We hope to launch a satellite program serving the Sonoma Valley by late this year. The program will engage teens and volunteers from the local community and support 20 to 25 families weekly within a couple years. We are also considering a pilot after-school program based at a local high school. The program would use the school’s culinary department facilities and engage students in community service while teaching them about healthy eating and developing life and job skills.

It is only by working together, sharing our skills, our time and our financial resources, that Ceres Community Project has been able to make such a life-saving and life-changing difference for so many. Thank you for being part of this community of caring as we continue to grow to help many more families facing illness while empowering young people to learn, grow and give back. ♥

Ceres Community Project
Harvest of the Heart Benefit Event

Please Save the Date!
Saturday August 17, 4:30 – 10:00pm
At the Ceres Community Garden
O’Reilly Media, 1005 Gravenstein Hwy N. Sebastopol

Please join us in the Ceres Community Garden for an evening of food prepared by a gathering of the best chefs in Sonoma County in partnership with our own teen chefs, served with some of the finest wines in the world. All served in the Ceres way—with warmth, generosity, and abundance of spirit!

Chefs will include: Duskie Estes, zazu restaurant + farm; Barbara Hom, Night Owl Food Co.; Daniel Kedan, Backyard Restaurant; and Josh Silvers, Three Squares and Jackson’s Bar & Oven. Frank Miller, chef to the Stars, and Ceres’ own Rob Hogencamp will also be part of the amazing roster of culinary talent.

A silent and live auction with items ranging from a lavish instant wine cellar and gift certificates for some of the finest area restaurants to adventures, outings, and luxury destination guest stays will also be part of the event.

Harvest of the Heart is our most important fundraising event of the year. Our goal is to raise $150,000 to support our core program—Healing Meals for Healthy Communities.

Please contact Scott McDougall at 707-829-5822 x214 or scott@ceresproject.org for more information about sponsorship opportunities, or to host a table. ♥
Since 2010, Ceres Community Project has been inspiring people across the country to launch programs based on our Healing Meals for Healthy Communities model. From Nashville to Soquel, California, these programs teach young people about cooking and eating for health and engage people from all segments of the community while caring for families struggling with cancer or another serious health challenge.

Last year, realizing that at the current rate there would be 15 to 20 “affiliate” projects by the end of 2015, we decided to create a formal affiliate network to support the success of these projects, share our learning, and leverage our collective impact. Affiliate support now includes a four-day training at our Sebastopol site, a comprehensive Program Operations Manual, access to our customized data base system for managing the program, support and training calls, and an annual conference where we can celebrate and learn from one another.

Our commitment is to support at least 25 communities in successfully replicating Healing Meals for Healthy Communities by the end of 2015 while continuing to grow our impact here in Sonoma County. Two Affiliate Trainings – in May and October – are scheduled for this year, with a plan to train five additional communities.

In May we will be hosting teams from Eugene, Oregon and the East Bay. The East Bay team includes a number of Ceres Community Project alumni, including former Teen Chefs Rose DeNicola, Molly Endries and Scott Marshall, all of whom are currently students at UC Berkeley! The October training tentatively includes folks from Humboldt County, Cooperstown, New York, Grand Rapids, Michigan and Manassas County, Virginia.

Here are highlights from Ceres affiliates around the country:

- Ceres Community Project Marin has delivered their 15,000th meal in just 2 ½ years. This is amazing given that the program operates just two days per week for 3 hours per day. A move to a larger kitchen is in the works to help meet growing demand from both teens and clients.

- Nashville’s Meals 2 Heal program, Ceres’ newest Affiliate Partner, launched in mid-January and has already received coverage on local channel 5. Use this link to see their program in action: www.newchannel5.com/story/20596238/group-prepares-meals-for-cancer-patient

- Former teen chef and adult mentor chef Anna Stuffelbeem had an opportunity to visit Fox Valley Food for Health last November, just weeks after the program had launched in Geneva, Illinois (see photo). Anna, who has been involved with Ceres since 2007, said it was amazing to see how organized this program already was thanks to the learning we’ve been able to share with them.

- Tom Amato, co-Project Manager for Food of Love in St. Helena, recently shared this story: Within the last two weeks, I was blind-sided when I delivered our “basket of love” to one of our dear patients . . . who

(continued next page)
Ready for a Challenge?

A long-time Ceres Community Project leadership donor has presented us with a wonderful challenge—bring even more teens into the Ceres kitchen and garden!

To help us do that, our donor will match every dollar that we raise up to $20,000.

That’s $40,000!

It takes just $2,400 to mentor a teen for a year. $40,000 will bring 16 more teens into the Ceres kitchen and garden. And that’s 5,700 more meals for our clients and their families!

At Ceres Community Project we know young people have the same deep need as all of us to make a difference. And yet there are few opportunities for teens to play a meaningful role. Our approach is to place youth in the center of our work and organization allowing them to learn, grow, and naturally discover their gifts and ways of belonging.

As the primary gardeners and chefs at Ceres, teens experience their importance in the world, take on meaningful levels of responsibility, get to know youth from different backgrounds, learn how to work as part of a team, develop self-confidence and compassion, discover the joy of giving to others, and learn about the healing power of food from seed to table.

Please help us meet this challenge by making a donation today using the envelope provided in this newsletter.

Remember, every dollar—ten, twenty, fifty, or one hundred—that you give will be matched up to $20,000!

Your generosity will help more teens learn crucial leadership skills and provide even more meals to our clients—just imagine the impact that your gift will make!

Contact Scott McDougall at 707-829-5833 x214 or scott@ceresproject.org if you have questions or would like to learn about other ways that you can help support Ceres Community Project.

Note from Marin client:
I’ve never experienced such kindness as from all of you at Ceres. The delicious and unique selections of just the right foods EVERY week helped to make those bleak months more bearable. But even more than the food, there was the spirit behind it. The careful meals and the Magic Broth, as well as the wonderful people who brought the food each week, and then of course Gail Perrin’s support in helping me to understand what this disease was all about, how to cope with the management of treatment, and her unfailing support.

Then the chefs and student cooks and organizers and drivers. So many kind people. In such troubled times, the work of all of you shines out like a great light. There is no way to adequately thank you. I have not yet sent the envelope back to you, but will be making regular contributions. From the bottom of my heart, thank you.

Through joy, laughter, and even tears we cook for people who need these meals—that’s being a true human being.

~ Ceres Teen Chef

As you can see, the spirit of Ceres is alive and well and spreading across the country. Thank you for providing the foundation of support that is allowing us to make such a huge difference in the lives of so many.

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Through joy, laughter, and even tears we cook for people who need these meals—that’s being a true human being.

~ Ceres Teen Chef
A Simple Way to Give

Ceres Community Project’s Legacy Circle is made up of donors who care deeply about the work we are doing together and want to help ensure Ceres’ long-term financial sustainability. Each of them has made a commitment to include Ceres Community Project in their will or trust. Legacy Gifts help build Ceres’ financial health so that we are more able to accomplish our mission of building community health here in Sonoma County and across the country.

Our first goal with Legacy Gifts is to increase our reserves to at least six months. The second goal is to create a $150,000 Special Projects Fund to support our ability to respond quickly when new opportunities arise for making a significant difference with our work. Our final goal is to build an endowment that will generate annual operating income.

You can help us meet these important long-term goals by joining our Legacy Circle. There are many ways to do this, but one of the simplest is donating a life insurance policy. A gift of life insurance can represent a substantial future gift to Ceres – far beyond what you might be able to give out of current income – at relatively little cost to you. There are three main ways to donate life insurance:

- If you have a life insurance policy that you no longer need, you can name Ceres Community Project as the beneficiary of the policy. This means that Ceres will receive the policy’s death benefit after you die. While there are no current tax benefits of doing this, the value of the policy will not be included in your estate for federal estate tax purposes.
- You can also transfer the full ownership of a life insurance policy to Ceres while continuing to pay any premiums. Ceres again would receive the policy’s death benefit after you die. The policy would not be included in your estate for federal estate tax purposes and you also benefit from current federal income tax deductions.
- A third alternative is to purchase a new life insurance policy and name Ceres Community Project as the policy owner and beneficiary. You can arrange to pay the premiums through donations to Ceres. This approach provides federal income tax deductions and the policy proceeds are not included in your estate for federal estate tax purposes.

If you would like to make a Legacy Gift, or have questions about how to best accomplish your legacy giving goals, please contact staff member Scott McDougall (scott@ceresproject.org or 707-829-5833). Scott will talk with you about your situation and then connect you with financial advisors who have agreed to support Ceres by providing pro bono consultations about legacy giving.

We are happy to welcome Gregory Young to our Legacy Circle along with Padi Selwyn and Reuben Weinzveg. We are profoundly moved that Kim Barber, who passed away from cancer earlier this year, included a bequest to Ceres Community Project in her trust. Kim lived in Concord and her gift will support the launch of Ceres Community Project East Bay later this year.

There are many ways to make a legacy gift, but one of the simplest is donating a life insurance policy.

Ambassador Council
Donald I. Abrams, M.D., Chief of the Hematology-Oncology Division, San Francisco General Hospital
Dr. Keith Block, Co-Founder, Block Center for Integrative Cancer Treatment
Jed Emerson, Executive Vice-President, ImpactAssets
James S. Gordon, M.D., Founder and Director, Center for Mind Body Medicine
Rebecca Katz, MS, Author, Cancer Fighting Kitchen
Michael Lerner, President and Co-Founder, Commonweal
Dr. Liz Lipski, PhD, CCN, CHN, Author, Digestive Wellness
Michael Pollan, Author and Director of the Knight Program in Science and Environmental Journalism, University of California at Berkeley
Brian Swimme, PhD, Professor of Cosmology, California Institute of Integral Studies

Board Members
Sharon Keating, President
Joe Marshall, MBA, Treasurer
Deborah Vogan, Secretary
Sonya Dexter, Teen Member
Mark Lancaster
Ken Maiolini
Kellie Noe
Judi Pereira
Padi Selwyn
Ceres' third annual brunch at zazu restaurant + farm was a glorious success. With the support of Duskie Estes and John Stewart, chef-owners of zazu; their staff, and our own chef Rob Hogencamp, Ceres' teens did everything from cook the meals, to serve and do dishes. Thanks to their hard work and the support of all who came to enjoy a fabulous meal, the teens raised more than $8,000 to support Ceres.

With 193 reservations, this was one of the busiest brunch days ever at zazu, and service was smooth, calm and flowing like clockwork. The teens were focused, professional and warm, and the food got rave reviews.

We asked Duskie to share her thoughts on the event. She told us: It is such an amazing day. The teens get to see what it is to work behind the scenes in a real operating restaurant, to see another side of the craft they are learning, and they get to give back to Ceres in another way. They actually get to “raise the dough” to support the program. I love it because they are honestly creating the wealth. The feeling of the whole community coming together to make it happen is uplifting and powerful: all the farmers give the ingredients, we give the space and the know-how, and the teens give the labor and make it all happen. It is “it takes a village” in action. Thank you to everyone for coming to eat. I hope we see you again soon - at the Barlow in Sebastopol!

This event is much more than a fundraiser. It’s an amazing learning and team-building opportunity for our teens, and many of them tell us it’s the most exciting event they’ve participated in at Ceres. The chance to take their skills to the next level in a professional setting was a big responsibility, and as they usually do, the Ceres’ teens rose to the occasion with aplomb.

We’re grateful to Duskie Estes and John Stewart of zazu and to the following organizations that supported this event:

- zazu restaurant + farm
- Indigo Moon Farm
- Bill & Kathy Hogencamp
Ceres Welcomes New Partner Silk Road Teas

It started with a simple conversation in the San Rafael Whole Foods Market store. Ceres’ Marin Project Manager Ann Wathen was hosting a table about Ceres as part of a 5% Day when Catherine Heagerty, co-founder of Silk Road Teas, stopped to chat. Catherine was deeply moved by the work Ceres does. At the end of the conversation Ann wondered whether Silk Road would consider creating a co-branded product as a way to support our work.

More than a year and a half later, Silk Road Teas has just introduced a very special line of eight bagged teas with extraordinary benefits for the larger community. Thanks to that auspicious conversation at Whole Foods Market, Silk Road Teas will contribute a portion of all sales to Ceres Community Project with one panel on each box of teas explaining our work.

If that isn’t enough, Silk Road is using the new line to provide local jobs for people with disabilities. The company wants to promote their “Hand in Hand” initiative to other businesses, encouraging them to create job opportunities for this group that desperately needs them. According to President Ned Heagerty, “a key measure of our success will be in how many jobs we are able to create.”

While this is the first time Silk Road Teas has offered a line of bagged teas, the company has an exceptional reputation. For the past twenty years, they have been considered a premium importer of rare and artisan teas that were offered wholesale throughout the U.S.

“Longstanding supplier relationships and the fact that we travel each year in China, provides us access to some of China’s finest teas’, shares Heagerty. “Our new line offers a taste quality that is unusual for a tea bag.”

Whole Foods Market, who has carried Silk Road Teas’ bulk teas, is supporting the launch with shelf space and store discounts in all nine stores in Marin and Sonoma. The line of 100% organic teas features 8 varieties, including white, green, oolong, black and Pu-er, plus a Chamomile flower tisane, each packaged in a pyramid-style tea bag. The leaves are larger to preserve the natural flavors and bring a richer, deeper flavor to the cup. These elegant sachets are perfect for the traveler or a relaxing cup anytime.

As Ceres Community Project expands its national network of Affiliate Partners we are looking to companies like Whole Foods Market, Wild Brine and now Silk Road Teas to create co-branding programs that can generate sustainable support for our work.

To try any and all of these teas, please visit your local Whole Foods Markets. Or go to www.SilkRoadTeas.com to make a purchase, and they'll donate 10% of sales made in June to Ceres. Enjoy a delightful cup of tea and know that you are supporting the Ceres Community Project while providing jobs for people with disabilities.
Upcoming Classes & Events

Volunteer Orientation
Tuesday, May 21~5:30-6:30
Adults and teens are invited begin the process of joining our family of volunteers.

Healing Foods Basics
Tuesday, May 28~6-7:30 pm
Come and learn about Ceres' food philosophy and our approach to wellness, while connecting to others in your community. This is our first ever Spanish language offering of Healing Foods Basics.

Teen Parent Dinner
Saturday, June 22nd
Teens plan, cook and serve a local foods dinner for their parents and families. By donation.

Tea & Talk: Ceres Community Connections presents:
Jin Shin Jyutsu with Sylvia Marie, LSCW
Tuesday, June 26~6-7:30 pm
Explore the ancient art of using your hands as "jumper cables" for health and well-being.

Healing Foods Cooking Course
New series beginning July 12
Join us for a 4-week, 16 hour interactive, hands-on course in cooking and enjoying food the Ceres' way, especially designed for those recovering from serious illness and their caregivers.

Harvest of the Heart
Ceres Community Garden, Sebastopol
Saturday, August 17
Our fabulously delicious and inspiring annual fundraising event! See page 4 for details.

Days of Wine and Lavender
Benefiting Ceres Community Project
Saturday, June 29, 2013
12:00 to 4:00
Matanzas Creek Winery
6097 Bennett Valley Road, Santa Rosa
General admission $95.00
Wine Club $75.00
Tickets at www.daysofwineandlavender.eventbrite.com
Walk through vibrant purple lavender gardens in peak bloom while sipping Sauvignon Blanc, and discover the captivating grounds at Matanzas Creek Winery in beautiful Bennett Valley. Taste the unexpected affinity between wine and lavender with seasonal culinary pairings created by the Estate Chef, and sample three offerings prepared and served by Ceres' teen chefs. This 17th annual event also offers live music, exclusive tastings of new release wines, and a visit to the Lavender Barn, filled with signature products produced from the estate's renowned lavender gardens. Join us for this full sensory experience benefiting Ceres.
Save the Date

Harvest of the Heart
Saturday August 17, 4:30 – 10:00pm
At the Ceres Community Garden

Interactive Poster online at: www.CeresProject.org/HowWeMakeAMeal/