A few months back, JoEllen DeNicola, our Nutrition Director, shared a story with the Ceres staff about one of her Healing Foods Cooking Course (HFCC) students. The course provides those dealing with a serious illness the tools they need to adopt a whole foods, healing diet. It includes talks and hands-on cooking, along with mindfulness and movement practices.

The student was clearly very ill, and was skeptical and quiet in the first class. Over the course of four weeks, she and her son-in-law, Barry, who attended with her, became the most engaged and excited participants as they changed the foods they were eating and began to notice a big difference in how they felt.

Later, Cindy Molina agreed to share her inspiring story with the Ceres community. Cindy first heard of Ceres back in 2008, when she was diagnosed with breast cancer. Thinking that her diagnosis was simple and that she could “beat it” on her own, Cindy opted not to get Ceres’ meals, and she did not involve her family in her illness. Although she attended the first class in the HFCC series, it seemed like too big a change to her, and she declined to complete the course.

When she came to class earlier this year, she had been weakened by a year and a half of difficulty breathing due to what was eventually diagnosed as lung cancer. Her skin was dark and swollen. The doctors had stopped counting after the twentieth tumor on her lungs. This time around, she had everyone fighting with her.

Cindy told us that at that first class, her attitude was: “What is there to learn? I already know everything”. She and Barry felt overwhelmed by all of the information they received that evening, but chose a few things to focus on, and started to make some changes. By the second class, Cindy was feeling intrigued by what she was learning, and by the third class, she and Barry felt a little more confident that now they really did know what they were doing.

This was when Cindy started to receive Ceres’ meals. At that point in her treatment, she was so sick from the chemotherapy that she was ready to give up. “I felt done with it,” she told me, “it was too hard.”

But then something happened that clearly amazed her. She began eating the meals from Ceres, and within two weeks, she saw and felt a difference.

While she knew that the chemotherapy was shrinking her tumors, she credits the change in her diet with making her feel better. This motivated her to learn more and stick with the changes she was making.

As the main cook in her large family, and an active member of her church, this meant that Cindy wasn’t the only one changing the way she viewed food. The big family dinners that used to feature cases of soft drinks and a big selection of desserts, now include lemon or cucumber water, delicious roasted chicken or fresh fish and lots of vegetables, and nobody misses all those sweets. Cindy has introduced her church’s teen group to Ceres’ flourless chocolate cake (made with garbanzo beans), and has begun to cook Ceres-style meals for members of her congregation who are ill.

Cindy went from staring death in the face to feeling that death is in the background.

(continued next page)
2011 Annual Report Celebrates Your Accomplishments

2011 was a breakthrough year for all of us who care about the important work we are doing together at Ceres. You can read about all of our results and accomplishments in our 2011 Annual Report, available in pdf form from the home page of our website, but we wanted to share some of the highlights here.

Please remember that these are YOUR accomplishments – whether you are a teen or adult volunteer, a donor, a community partner, a Dining Out partner, a staff or board member, or someone who has purchased a cookbook. It’s only by working together, each of us sharing what we can, that we are able to accomplish so much!

- 28,550 meals delivered to 233 client families (total meals delivered is now over 110,000)
- Another 6,000 meals delivered by programs based in Marin County, Ohio and New Jersey
- 158 teens involved, donating more than 5,870 hours of service
- More than 1,500 people reached through our Nourishing Connections Cookbook, classes and in-service trainings
- The remodel and move to our new home which will allow us to triple our impact
- Launch of the new Ceres Community Garden program to give all the teens at Ceres a direct experience of food from soil to table
- Launch of our partnership with West County Health Services with a referral program and a nutrition education series for patients
- Launch of The Cancer Journey, an annual day-long support and education program for men and women living with cancer
- Launch of two programs based on Ceres in Bay Village, Ohio and Summit, New Jersey
- Formation of a national Ambassador Council to help spread our work
- More than 240 adult volunteers donate 10,370 hours of service valued at $228,000
- 300 in-kind donors contribute nearly $400,000 in goods and services

Congratulations! ♥
Community Support Helps Ceres Community Project Launch New Garden Project

Thanks to a broad-based community collaboration, Ceres’ teens are busy growing fresh, vibrant produce for the clients in our Healing Meals Program. The new half-acre food production garden extends our teen culinary program from soil to table, deepening the teens experience and understanding of fresh, local and organic food. Working under Garden Coordinator Sara McCamant and a team of adult mentor gardeners, teens are in the garden three afternoons a week, building garden beds, planting, weeding, harvesting and tending to all aspects of the garden.

It all began last July with a conversation between Cathryn Couch, Ceres’ executive director, Diana Rich, Executive Director at Sebastopol Community Cultural Center; and local philanthropist Terry Dale, about ideas for getting youth more physically active and involved in the community. When O’Reilly Media, a Sebastopol business, offered land for a garden, the Ceres Community Garden was launched.

Through the winter months, half the land was planted in cover crops to help nourish the soil. On the other half, a team of teens and adults added compost and other amendments, then formed and planted the beds with kale, onions, broccoli, cauliflower, cabbage and peas. We celebrated the first harvest (kale, of course!) in early April, and by the end of the month, the garden was almost fully planted with vegetables, herbs and flowers. A willow archway greets visitors, and more additions are planned for the coming months.

We are grateful to all of the donors, volunteers and local businesses who have come together to support this important addition to our work. Joanne and Terry Dale provided the initial $10,000 in seed money, and O’Reilly Media, who is donating use of the land, paid for part of the irrigation installation, and is covering water and electricity costs. Sonoma Compost is generously providing as much compost and other products as needed to help build the soil, and Harmony Farm Supply donated irrigation materials. Sturgeon’s Mill offered all of the redwood (from local, downed trees) that the teens used to build eleven raised beds with the help of a team of local carpenters.

Other local donations have come from Horizon Irrigation, Atlas Tree, The Gentleman Farmer and Freidman Brothers. Teen Leader and board member Jasmine Elliot is building a large storage shed as her Girl Scout project. The Garden has received support through a Nature’s Path Enviro Kids grant and several other local donors are also involved.

For more information about the Ceres Community Garden, or to volunteer as a teen or adult mentor, contact Sara McCamant, saram@ceresproject.org, or call 829-5833 ext. 212

The more I learned about Ceres, and observed some of its components in action, the more impressed I became. Everyone involved is nourished by this unique program. Ceres is a vibrant paradigm for social action that serves many layers of our community. BRAVA to everyone involved for creating a model to be replicated far beyond Sonoma County. With admiration, respect and anticipation of what’s to come!

~ Donor Ren Nelson
SAVE THE DATE:
Harvest of the Heart
Saturday August 11

If you’ve attended Ceres’ annual fundraising event, you know what a fun, delicious and inspiring evening we are planning! If you haven’t attended, you won’t want to miss it. Harvest of the Heart is scheduled for Saturday August 11 beginning at 5:30 pm. We’re excited to be hosting the festivities at Shone Farm, Santa Rosa Junior College’s 300 acre sustainable agriculture farm near Forestville.

The evening begins with a wine and appetizer reception and silent auction on the gorgeous patio overlooking the Russian River Valley. You’ll have an opportunity to taste some very special wines, including Iron Horse, Ferrari-Carano, Coturri, Neal, Flowers, Cobb and Quivera, while you bid on a wide range of exciting auction packages.

Then it’s on to a delicious Ceres style three course dinner paired with wines from DeLoach Vineyard and Hafner Vineyard, and a stellar live auction including vacation homes, a boar hunt, a sculpture by Patrick Amiot and much more. You’ll meet some of our amazing teen chefs and hear from several clients about the difference Ceres has made in their lives.

Please save the date! Tickets, $135 in advance and $145 the last three weeks before the event, will go on sale May 1 for our table hosts and June 1 for the general public. If you would like to host a table for 8 or 10, or donate to our silent or live auctions, please contact deborah@ceresproject.org or call 707-829-5833 ext. 104.

If you are interested in joining our event sponsors [Whole Foods Market, Willow Creek Financial, Exchange Bank, Sonoma Compost, Redwood Credit Union and Padi Selwyn & Reuben Weinzveg], please email Board President Sharon Keating at sharonk@ceresproject.org. There are a variety of sponsorship levels that can provide valuable visibility for your business.

Events & Classes

**Totally Truckin’ Thursdays to benefit Ceres**
May 3, 10, 17, 24 & 31 from 11:30-2:00
Gourmet food trucks at O’Reilly Media, 1005 Gravenstein Hwy North in Sebastopol. Come by and have lunch, then tour our Community Garden.

**Healing Foods Basics Class**
Thursday, May 3, June 7 OR July 5, 6-7:30 pm
Get an overview of the Ceres approach to wellness, with tips on nutrition, healing foods, pantry basics and much more.

**Garden as Medicine series presents:**
“Beyond Tomatoes” ~ May 5;
“Full Circle Gardening” ~ July 7;
“Harvesting and Preserving the Harvest” ~ September 8
Our Garden as Medicine series focuses on giving you hands-on experience growing healing foods and herbs using sustainable organic gardening practices. All classes are on Saturdays from 9 am to noon at the Ceres Community Garden.

**Life of Bees, a benefit for Ceres at The Melissa Garden**
Sunday, May 6, 11 am-3 pm
Enjoy an exclusive and informative tour of this beautiful pollinator sanctuary with founders Michael Thiele and Barbara Schlumberger. Includes a catered lunch of sourdough pizza!
Ceres Project Marin Delivers 5,000 Meals, Wins Jefferson Award

It's been just eighteen months since we extended Ceres’ services to Marin County with the help of two incredible volunteer Project Managers – Julie Burford and Ann Wathen. With more than 70 teens from 12 schools, the team in Marin has now delivered just over 6,000 nourishing free meals from their kitchen in downtown San Rafael – and the goal is 7,000 meals during 2012.

Just like in Sonoma County, Ceres Project Marin benefits from an amazing network of local farmers and producers – including Full Belly Farms, Tomatero Organic, County Line, Green Gage Farm, Straus Family Creamery, and Archadina Goat Dairy. Whole Foods Market in San Rafael dedicated a 5% day last year, raising $5,278 for the project. They also donate meal delivery bags and bulk goods such as nuts and grains.

Our Marin project is an all-volunteer effort, except for part-time chef Trudy Schaefer. More than 50 generous and talented adults mentor the teens in the kitchen, deliver meals, prep meal containers, work with clients, pick up donated products, wash piles of dishes and much, much more.

Awareness is growing thanks to a cover story in the Marin Independent Journal last October, and a recent Jefferson Award to Julie and Ann for their leadership. As a result, CBS-5 shot a segment for the Eyewitness News telecast on February 22, featuring our busy Marin teens in the kitchen and showcasing the beautiful food they prepare under Chef Trudy Schaefer’s direction.

Congratulations to everyone on the Marin Ceres team for all that they've accomplished in the past year and a half.

Tea & Talk Series ~
Wednesdays, 6-7:30 pm
“The Edible Effect of the Six Flavors”, Ayurveda with Mary Sheila Gonella~May 16
“Stress, Burnout & Exhaustion: a Path to Recovery for Caregivers”, Angela White, NE~June 20
“The Benefits of Vegan & Raw Meals”, Kathy Emmer~July 18

Nourishing Connections Cooking Classes:
“Sprouting Health: Grow Your own Sprouts”–May 19
“The ABCs of Fermentation: Creating Health with Lacto-Fermented Foods”–July 21

Healing Foods Cooking Course series–June 14, 16, 21, 28 & 30

Save the Date:
A Cancer Journey, October 14

All events take place at Ceres unless otherwise noted. For more information, or to register, please visit our website at www.CeresProject.org or call 707-829-5833.
There are almost as many ways to support Ceres as there are people involved, from the traditional – such as making an annual or monthly gift – to the more creative, like Pam Davis’s 50th birthday benefit this past January which raised more than $6,000. Here are a few ways to donate that you may not be aware of:

- Contact My Broker Donates to find a top real estate broker anywhere in the country that will donate part of his or her fee to Ceres when you buy or sell a home. mybrokerdonates.com/
- Join businesses like Peter Lowell’s, Sushi Tozai and Silk Moon and hold a Donation Day for Ceres, donating a percentage of the profits and garnering lots of goodwill as well.
- Give Nourishing Connections Cookbooks, our Eat Kale t-shirts, or gift certificates to our classes for birthdays and holidays.
- Purchase Ceres’ food products – Almond Butter, Almondella, Nori Nettle Spice Blend, Vital Bites, Ginger Glycerite (great for nausea including morning sickness), and Immune Broth Herbs. You can purchase from the office any time we are open, and soon from our website.
- Donate in honor of birthdays, anniversaries or other special occasions.
- Hire Ceres to cater your party or other event. We’ll create a custom menu just for you and can provide service as well. Contact catherine@ceresproject.org.
- Join escrip and a percentage of all your purchases at select retailers – including Oliver’s Market – will be directed to Ceres. Enroll today at escrip.com and start earning money for Ceres every time you shop. Our group ID number is 500042362.
- See if your employer will match your gift.

New Ways to Support Ceres’ Work

As Ceres celebrates our 5th birthday, we’re working hard to build a sustainable future. Our goal is to make sure that five, ten or twenty-five years from now, Ceres Community Project is still nourishing and caring for families dealing with serious illness, educating the community about the importance of fresh, local food, and giving young people a chance to discover their power to contribute.

That future depends in part on what is called planned or legacy giving. There are a wide range of planned giving options, from making a multi-year pledge to Ceres, to naming us as the beneficiary of a will, trust, IRA or life-insurance policy. Thanks to the help of an eminently qualified team of professionals, we have just launched a planned giving program. The goal is to support you in making gifts to Ceres that reflect your deep commitment to our work, but that may be larger than would be possible based only on your current financial situation.

If you have already named Ceres in your will or trust, we would love to know and will be happy to keep that information confidential if you choose. If you are interested in creating a legacy gift but unsure of how you might do that, we invite you to talk to one of our Planned Giving Ambassadors – estate attorney Naomi Metz, Certified Financial Planner Heather Cleland, or life insurance expert John Dolinske. They are available to meet with you by phone or in person to help identify planned giving options. If you don’t have a professional tax advisor, they can offer referrals to help complete your planned gift. To learn more, please call or email Deborah Ramelli, 707-829-5833 ext 104, or deborah@ceresproject.org.

Help Create a Legacy of Caring with a Planned Gift

We chose to make a planned gift to Ceres Community Project because of the incredible “gifts” Ceres gives to our community. Ceres is an example of the deep impact that can happen when people of all ages come together to learn and to nourish and care for those suffering from life threatening illness. By strengthening Ceres’ long-term sustainability with a planned gift we can help insure the ongoing nurturing of our friends, family, neighbors and community. We are delighted to support this dynamic organization that is dedicated to healing and wellness.

Sharon Keating & Ron Bartholomew
Legacy Circle Donors
Ceres teens raise $6,500 during benefit brunch at zazu

On Saturday, April 14, Ceres’ teens worked together to run zazu restaurant + farm, raising $6,500. Thanks to zazu’s owners Duskie Estes and John Stewart for opening the restaurant to the teens for the second year in a row. They worked with the teen crew for six weeks leading up to the event, training them in the zazu kitchen and in the front of the house during their regular Sunday brunch service, and then opened the restaurant on a Saturday so we could hold this event.

More than 130 people enjoyed a gourmet meal in support of the teens’ efforts. The restaurant was buzzing with excitement and enthusiasm. Said Alya, who worked bussing tables: “I was definitely nervous. Once we got going, though, I was having so much fun! I loved it! I felt so important. It was so exciting to look at all that exquisite food and know that Ceres teens had made it all.”

Sonya was in the kitchen working the grill and turning out the steak bruschetta with poached egg, chard and hollandaise sauce. She appreciated the hands-on experience alongside a famous chef, who she found to be “very nice and helpful. It gave me a better idea of what it would be like (to work in a restaurant). It was definitely faster-paced than the Ceres kitchen, but I liked that. I felt very professional. We all helped each other out when needed.”

The experience “opened up teens’ horizons to whole other fields. It’s a completely different level, even beyond what we do in the Ceres kitchen”, shared Zac, who churned out the popular breakfast tostadas and finished his shift with a Salmon BLT, which he rated “really, really good”.

Thanks to everyone at zazu for their amazing support, to all the event donors, everyone who came out to eat, and especially to our dedicated teens! As Margaret Howe, our Meal Program Director, said: “this was so much more than a fundraiser. It’s really about teen development and giving them an opportunity to step out into the community—to grow and expand and work as a team in a fast-paced new setting.”

Nearly all of the food was donated thanks to these generous event sponsors:

- Black Pig Meat Co.
- Clover Stornetta Farms
- French Garden Restaurant
- Gourmet Mushrooms
- Iron Horse Vineyards
- Laguna Farm
- Nightingale Breads
- Oliver's Market
- Redwood Hill Farm
- Straus Family Creamery
- Swallow Valley Farms
- Taylor Maid Farms
- Tierra Vegetables
- Whole Foods Market Sebastopol
- zazu restaurant + farm
We are honoring our dedicated volunteers at our Annual Appreciation Party . . .

Every action in our lives touches on some chord that will vibrate in eternity. ~Edwin Hubbel Chapin

Sunday, May 20, 1-5pm
Ceres Community Center
7351 Bodega Ave, Sebastopol
Come enjoy delicious Ceres food made by staff, live music & surprises!
Hope to celebrate in person!

Please RSVP to Kosima at kosima@ceresproject.org

Cut out this card, place on your computer and vote every day!

Click on this Ceres video frame on the web page to vote!

Linnea
Teen Chef & Leader

www.DeLoachCommunityGardens.com
Vote Ceres today & every day! March 6 - August 6