

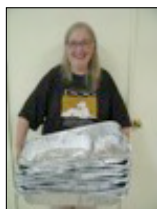
Toni's Kitchen

"More than Soup...Feeding the Soul"

A Quarterly Newsletter

ISSUE NO. 9- SUMMER 2009

A New Initiative at Toni's Page 2



Fourth of July Parade Page 2



Spotlight on our Volunteers Page 3



...More Volunteers...



...and more!



Save the Date- Toni's Kitchen Annual Donor Dinner Page 4



MONTCLAIR CYCLISTS FIGHT BATTLE AGAINST HUNGER

Will ride 200 miles for Toni's Kitchen in September

by John Kopitz

On September 12-13th, several volunteers and friends of Toni's Kitchen will pedal 200 miles from Gettysburg to Trenton to support Toni's Kitchen in the annual Battle Against Hunger bike ride. Founded in 2003, the Battle Against Hunger (BAH), a non-profit based in Pennington, NJ, organizes this annual bike tour to raise funds for food relief organizations in the Trenton area, Atlantic City and, this year for the first time, Toni's Kitchen in Montclair.

BAH has raised more than \$240,000 over the past five years. Because the cyclists and other volunteers pay all their own expenses for food, transportation, lodging and equipment, every penny of that \$240,000 has gone directly to feed our needy friends and fellow citizens in Central New Jersey.

Brian McDonough, our team captain, whose wife **Rita** volunteers at Toni's almost every Saturday, participated in the Battle Against Hunger ride last year. He found it as challenging as it was worthwhile. As Brian recalls, "The first day I rode over a hundred

miles, and at times it seemed like it was entirely uphill. The next morning Hurricane Hannah hit and blanketed me with rain the entire morning. As I asked myself why I was crazy enough to be riding across Pennsylvania in a blinding downpour, I realized that the inconvenience of splashing through the rain on a bicycle was nothing compared to the pain of hunger."

Brian also realized that he could help bring the Battle Against Hunger to Northern New Jersey, beginning with Toni's Kitchen, and he made it happen just five months later.

My role as Saturday cook keeps me very busy with the kitchen. I am joining in the ride to get in shape but also to help an organization that has given me the personal satisfaction that I can make a difference in this world. I also want to support the friends and volunteers riding. If they are crazy enough to do it, so am I!

If you would like to support us in this effort, you can EITHER go to

www.battleagainsthunger.org,

click on "Support A Rider", then click on Toni's Kitchen to make a secure, online, donation OR you can make a check to Toni's Kitchen, 73 South Fullerton Avenue, Montclair NJ 07042. We thank you so much for any support you can give us.



TONI'S KITCHEN STARS IN MONTCLAIR'S FOURTH OF JULY PARADE!

Toni's Kitchen participated in full force at Montclair's 4th of July parade for the fourth year in a row. People from St. Luke's participated along with the volunteers who will be riding in the Battle Against Hunger 200 mile bike ride in September and The Kitchenettes who sang selections from "Toni's Kitchen, The Musical".



LETTER FROM THE DIRECTOR:

Dear Friends,

We are being called to serve in a new way – *as an inspiration and model for developing food ministries both near and far.*

Marching with us in the 4th of July parade were **Francesca Sarina** and **Mary Eisenhardt** from Suquamish, WA, who came east specifically to visit Toni's Kitchen and learn. They were with us a week, worked hard and went back to their community inspired to serve their guests at "Wednesday's Kitchen".

Mary McGee, one of our volunteers, and her friends from **Outpost in the Burbs**, are now serving a lunch meal two Saturdays a month at Christ Church, East Orange. We are proud of her and her team.

Locally, representatives from **Seventh Day Adventists**, Montclair; **Presbyterian Church on the Green** and **Brookdale Reformed Church**, Bloomfield have visited us to gain insights into feeding the hungry.

We are blessed with the privilege of sharing this ministry with others.

Mary Ann Renn



WHAT'S NEW AT TONI'S:

THE FIDO & FLUFFY FUND



Joyce Nankervis has established the **Fido & Fluffy Fund**. She and other guests, **Marvin** (above left) and **Ricky Blue** (not pictured) collect aluminum cans & pans and bring them to a recycling center, where they get "cash for trash". Helping feed pets in need and saving the planet all at once! Seen here with volunteer **Jim Snodgrass**.

-By **Emma Cortese**

TONI'S KITCHEN WEBSITE MAKEOVER



The growing use of the internet has been a dominant part of today's information age. A volunteer committee composed of **Robert Cooney**, **Sonia Sequeira**, **David Tucker** (not pictured) and **Rudy Chen**, Chair, has been working to refine the web-site to make it more informative and more accessible to potential volunteers and donors. The expectation is that the changes will be completed in the next month or two.

-By **Rudy Chen**

WE SALUTE OUR VOLUNTEERS AND DONORS!

Our Donors: We're fortunate to have the support of many businesses and individuals in our community. Here are some of those who've given generously this summer.



Left: After donating dozens of boxes of Girl Scout cookies, Montclair Brownie Troop 319 initiated an umbrella drive and helped keep our guests dry over the wet summer.

Below: Sam Zinn organized a Ping Pong Tournament to relieve local hunger for his Bar Mitzvah and donated all of the proceeds.



Right: The Montclair Food Co-op gives organic veggies each week during the growing season, and (lower left) Bayer Pharmaceuticals generously donated a complete chicken dinner with all of the extras.



Yum !

Our Volunteers: Over 100 people regularly volunteer their time to Toni's Kitchen. Here are some of the folks who've helped this summer serve over 200 meals a week.

A Typical Thursday Volunteer Group:



A Typical Saturday Volunteer Group:



WHO WE ARE:

Toni's Kitchen is a food ministry at St. Luke's Episcopal Church in Montclair, New Jersey. As many as 70 guests are offered warm hospitality and a hot, nutritious meal every Thursday, Friday, and Saturday, as well as on Christmas Day.

Volunteer Support is always welcomed at Toni's Kitchen. Whether your schedule permits a weekly or monthly contribution of time, your efforts will be appreciated.

Financial Support is also important to Toni's Kitchen. Even though much of the food that is served is donated, funds are needed for the purchase of additional food staples, serving supplies and for operational expenses and those associated with our expanding programming.

Mission Statement "To Serve Our Guests". At Toni's Kitchen every effort is made to provide an atmosphere of warmth and respect for those among us who find themselves in need of our hospitality and services.



Save the Date!
**Toni's Kitchen Annual
 Donor Dinner**
 Saturday, November 7th at 6pm
Exciting Details to follow!

**HELP US
 "GO GREEN"!**

Please consider helping us
 "Go Green" at Toni's Kitchen.
 We can save money and help the environment
 by your opting out of receiving
 a printed newsletter in the mail.

**We will only e-mail you your next TK newsletter
 unless we hear from you.**

If you don't have e-mail,
 you will continue to receive
 the newsletter by mail.

Please send your current e-mail address to:
soup@toniskitchen.org
 so we can keep our e-mail lists updated.
*All e-mail addresses
 will be kept confidential.*

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*St. Luke's Episcopal Church
 73 S. Fullerton Avenue
 Montclair, NJ 07042*

All guests are welcomed as Christ, because He
 will say,
 "I was a stranger and you took me in."

- Matthew 25:35