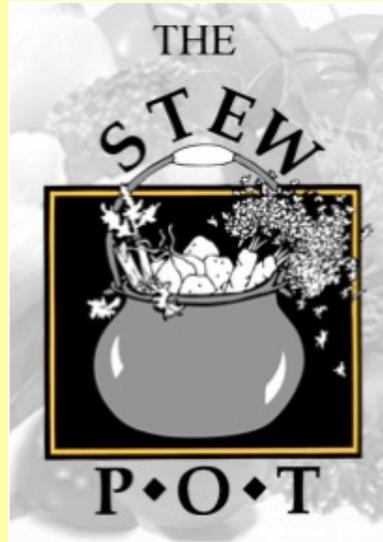


**From:** Little Rock Stewpot chfrith@mac.com  
**Subject:** Little Rock Stewpot March 2017 Newsletter  
**Date:** February 4, 2017 at 5:18 PM  
**To:** chfrith@sbcglobal.net

FC



**Stewpot Newsletter**  
**March, 2017**  
**Editor: Charles Frith**  
**chfrith@mac.com**

## **Stewpot Officers - 2017**

Chairperson - Charlie Frith  
Vice Chairperson - Mary Jane Cheatham  
Secretary - Ellen Russell  
Treasurer - Roberta Saxon

## Stewpot Committees - 2017

Volunteer Chairperson - Jan Van Ness

Special Events - Kay Shurgar

Manager - Nancy Rorex

Day Manager - Ed Brown

Communications - Charlie Frith



**This dinner is in memory of Jack Rorex, husband of Nancy Rorex.**

The Stewpot will host a Volunteer Appreciation Dinner on Thursday, February 23rd. All Stewpot volunteers and their spouses are invited. The dinner will begin at 5:30 p.m. and will be held in the Fellowship Hall of the First Presbyterian Church. Scott Seidenschwarz will prepare the dinner. Reservations are required so Scott knows how much food to prepare. To make a reservation, email

or call Mary Jane Cheatham ([mjghc@sbcglobal.net](mailto:mjghc@sbcglobal.net)) or (868-3338 or 772-3036). The food and fellowship will be great, and we will share some new ideas of how we are saving money by purchasing food through the Arkansas Foodbank. **Reservations need to be made by Tuesday, February 21st.**



WE LOVE  
OUR VOLUNTEERS

## **Stewpot Safety Concerns**

Among the many things we discussed at the last Stewpot Board meeting was the decision to remind our older volunteers and inform the new ones about safety issues. In the 40 plus years we have never had a volunteer injured and we want to keep it that way.

Sometimes, the talk may be loud and some of the diners get rowdy, but it usually is scarier looking than it actually is. If someone does get out of hand, **find Ed and let him deal with it.** He knows our diners and he does an excellent job of dealing with any problems that come up.

Excellent job of dealing with any problems that come up  
Only if you cannot reach him and you feel you are being threatened then you call 911.

**Another very important issue is that you always follow Ed's instructions regarding a situation.** If he tells a diner one thing and you tell them another, it not only creates confusion but it also undermines his position with the diners and it makes it harder for him to be in control the next day. Remember, he is there every day and knows most of the troublemakers and makes every effort to control them or keep them out.

Have you noticed that things are cleaner and quieter than they used to be before Ed came? He has developed a relationship of mutual respect with most of our diners and it has paid off for everyone.

Keep doing all the fine things you are doing and never hesitate to let Ed or any Board member know if you do have a safety concern.

## Thankfully Thriving in 2017



Anyone who has been in a grocery store in the last year has noted higher food costs. Stewpot has experienced the same woes. Last year our food costs were around \$68,000.

In an effort to continue to provide filling, nutritious food to our folks, board members Nancy Rorex, Kay Shurgar, Nancy Howell and Ed Brown have looked at several new options to help get the most out of our donations and dollars.

USDA gives us free items every month but they sometimes come in different packaging. It takes a few minutes more to open small cans but the savings is SO worth the effort. We have two months to use these items. If not used, we can't get any the next month.

Arkansas Foodbank has many items we currently use at a shocking 90% + savings, especially meat items. We are learning about the great available items each week.

Several folks have volunteered their trucks to help us stock up on these items the second and fourth Thursdays of each month. Others have volunteered to keep a close eye on the items we use, so we can take advantage of these savings.

Some of the teams have embraced the challenge. If your group brings special items for their menus, carry on. We hope with help more will join us in our new approach to ordering and cooking. Some items to keep in mind are:

- Menus may need to be more flexible.
- Stewpot cooks will have to be amenable to changing their menus and may not be able to cook exactly what they usually prepare

what they usually prepare.

- New items will be easy to prepare
- Each cook will need to consult with Ed to see what is available for that specific day.
- Ed has the final say of what needs to be cooked.

We are incredibly thankful to our faithful volunteers, especially the cooks who serve Stewpot year in and out. Change is always a little scary but the new changes are going to make preparation easier and improve the quality of food we serve. If you need help, please ask.

### **Westover Hills 2<sup>nd</sup> Sunday Offering for the Month of January**

Westover Hills Presbyterian Church holds a Second Offering every month, although in reality the the offering lasts all month. The 2<sup>nd</sup> Sunday Offering for the Month of January was "**Shoes for Stewpot.**" We collected shoes of all kinds - men's shoes - ladies' shoes - new shoes - old shoes. Our goal was to collect **100 pairs of shoes** for the month of January. Charlie Frith took some of the shoes to the Stewpot on January 24th.

**My Question to all of the Stewpot volunteers is: Could you do something similar at your church?**





# Clothes Closet

*"I needed clothes and  
you clothed me."*

Matthew 25:38

## **Clothes Closet Update**

The Clothes Closet has been experiencing a terrific winter!!! The response to our letter a couple of months ago was wonderful, and we want to thank everyone for their contributions. We have just been notified by the Church at Rock Creek that our second delivery of several cases of blankets is coming very soon, and that should get us through the winter months. Fleet Feet has continued to donate athletic shoes to us. Donations of clothing have been very strong. So, all of these things rolled up together is why we have been very fortunate to have a terrific winter at the Clothes Closet!!!

Barbara Polite

## **Stewpot Holidays**

New Year's Day

Martin Luther King Day

Good Friday

Memorial Day

Independence Day (4th of July)

Labor Day

Thanksgiving

Friday after Thanksgiving

Christmas Eve  
Christmas Day

# Inclement Weather Policies



**If the Little Rock Schools  
are closed for all day  
or any part of a day,  
the Stewpot will be  
closed for that day.**

**Does Your Team need Additional**

## Does Your Team Need Additional Workers



If you are a Captain of a Stewpot Team and need additional workers for your team (either temporary or permanent), please contact Jan Van Ness (by telephone 680-3739 or email [jvanness8@gmail.com](mailto:jvanness8@gmail.com)).

## Stewpot Video

To See a short video about the Stewpot, click on the photo below.



Little Rock Stewpot

## Make a Donation to Stewpot



Your donations to The Stewpot have helped us feed the hungry for the past 40 years. Thanks to your support, we are able to supplement our allocations from Potluck, Rice Depot and other food banks with needed milk, canned and fresh food

**Please send your donations to The Stewpot - Little Rock, 800 Scott Street, Little Rock, AR 72201.**

## Check out our Website

<http://stewpot-littlerock.org>