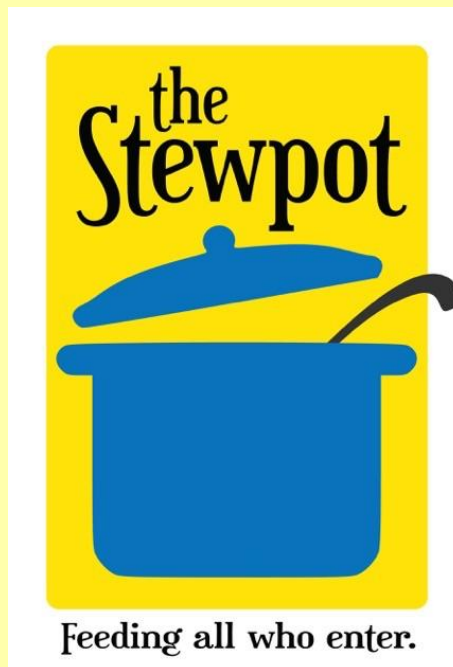


From: Little Rock Stewpot chfrith@mac.com
Subject: Little Rock Stewpot September 2017 Newsletter
Date: August 24, 2017 at 11:54 AM
To: chfrith@mac.com



Stewpot Newsletter September, 2017

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





Arkansas Democrat-Gazette/MITCHELL PE MASILUN

"I've seen production people come in, with 160,000 pounds of rigging for Paul McCartney, and what is our real conversation about? Catering. Our building would not be what it is today if Nancy hadn't been handling the catering."

SELF PORTRAIT

Nancy Rorex

DATE AND PLACE OF BIRTH: Dec. 7, 1935, Little Rock

MY CHILDREN WOULD SAY I love my grandchildren more than them.

I WON'T EAT veal or rabbit.

LAST GOOD BOOK I READ: *Convictions: How I Learned What Matters Most* by Marcus Borg

MOST PEOPLE DON'T KNOW THAT CATERERS sometimes get tired of thinking about and looking at food.

MY IDEA OF A PERFECT DAY: Just hanging out with people I love doing as little as possible.

MY FAVORITE MUSIC IS almost all '80s music. That's why I got into this crazy business.

GUESTS AT FANTASY DINNER PARTY: Invite all the grandchildren, order pizza and let them tell me what they think they want to do to make the world a better place.

ONE WORD TO DESCRIBE ME: grateful

Isn't Stewpot lucky to have this wonderful lady as the Manager of Stewpot? We love you Nancy!!!!

Message from Jan Van Ness Stewpot Volunteer Chairperson

Hi Captains!

I have been inundated with requests to help at Stewpot. I think the 'word' is out that it is worthwhile and a nice group of people. I am trying to keep a balance between everyone staying happy/busy and welcoming new faces eager to help. Please continue to focus on the feeding mission and if it helps others through volunteering please let them join in. I'll always contact your captain beforehand.

Feel free to send this to your team members and let me know if your team is short. I know where to find some help!

Thanks, Jan

Call 501-680-3739 or email jvanness8@gmail.com



We Will Miss You Ed Stanfield!!

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Ed Stanfield, one the 1st Wednesday Team from Westover Hills Presbyterian Church, has worked at Stewpot for over 15 years. Ed is not your typical Stewpot worker. On the first Wednesday of each month, Ed arrives at the Stewpot about 9:30 a.m. On his way to the Stewpot, Ed stops by Community Bakery and picks up day old desserts for the Stewpot patrons. The desserts and pastries are contained in large plastic containers. Ed must return these containers to Community Bakery when Stewpot is over. Ed carries the containers to the second floor and arranges all of the desserts on trays so they can easily be served. Tammy Pflug, another member of our team, usually serves desserts at Stewpot, but she has a full time job and doesn't arrive until about 11:45 a.m. When she arrives, the desserts are ready to be served. On the days that Co-Captains Charlie and Charlotte Frith go to LifeQuest on the 1st Wednesday, they arrive at the

to the quest on the 1st Wednesday, they arrive at the Stewpot about 10:15. When this occurs, Ed along with Fred Whitmore, is always willing to start preparing the food prior to the Frith's arrival. The Stewpot stopped serving milk about three years ago because of the expense. When the Stewpot stopped serving milk, Ed started picking up 3 gallons of milk and bringing it to Stewpot. The First Wednesday of each month is the only day that Stewpot patrons receive milk - and only because of Ed. Food is typically served to Stewpot patrons as they come up the staircase to the second floor. We usually serve "Seconds" in the main dining room. Seconds consist of leftovers from the previous day. If there are no leftovers, something must be prepared that is different from the main meal. Ed is our "Seconds Man" and always serves the seconds. Ed emailed me the other day that he had recently had a birthday and was now 86 years young, and that he was going to retire from Stewpot at the end of the year. Ed, we wish you well, but we are really going to miss you. We will probably have to replace you with two people. The best of luck to you from your Stewpot Team - Charlie and Charlotte Frith, Fred Whitmore, Tammy Pflug, H.K. Stewart, Joyce Wilson, Dwane Tankersley and Brad Jakel.

If you would like to volunteer on a regular basis on the 1st Wednesday of each month and assume some or all of Ed's responsibilities, please email Charlie Frith (chfrith39@gmail.com).

Fleet Feet Easy Runner Delivers Again



Fleet Feet Easy Runner has been collecting shoes for Stewpot for the past year. Every couple of months I receive an email from them saying that I can come pick up shoes. In June and in August, they also had a bag of socks and a bag of women's bras.





Charlie Frith with Shoes

Go Running Delivers Again





Go Running in the Heights has been collecting shoes for Stewpot for the past year. Every couple of months Ray Koone goes by and picks up shoes. This month, they also gave him a lot of clothes for the Stewpot.



Barbara from the Stewpot Clothes Closet, Ray from Westover Hills Presbyterian Church and Carl from the Stewpot Clothes Closet show off some of the sports clothes received from Go Running!



Pan Liners for Roaster Pans

A number of Stewpot Teams are using pan liners for the large roasters. The liners, which come in packages of 50, cost approximately \$1.00 per liner (\$60 per package of 50 with taxes). The Stewpot would like for all of the teams to use the liners if they so desire. Stewpot will pay for the liners, and Ed has agreed to purchase the liners as needed.

Ed is ordering the liners from Ben E. Keith, but they do not carry them on a regular basis and must be special ordered. The Stewpot ran out of bags while Ed was trying to get everything arranged. Hopefully we will all have bags soon.

If you would like to make a contribution toward the cost of the liners, make your check payable to Stewpot and enter **Stewpot Liners** in the Memo Section. Send your check to:

**Stewpot
First Presbyterian Church**

First Presbyterian Church
800 Scott Street
Little Rock, AR 72201

Clothes Closet

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

Matthew 25:38

Update from the Clothes Closet

Summer has been a whirlwind!! Client visits have been up, but donations have been down. Men's athletic shoes are a vanishing breed! The same for white cotton socks for both men and women, as well as men's underwear (especially small and medium). Of course, men's blue jeans are always scarce! So we are trying to beat the bushes for what we can get. Christ Episcopal Church was kind enough to let us

rummage through their "Rummage Sale" items, and we came away with 10 bags of items. Thanks to them!! Church at Rock Creek continues with their large donations of items every month or so. Other churches have been kind enough to have special collections of underwear, socks, and shoes. Thanks to all who have been helping us out!!! The Clothes Closet tries very hard to furnish our less fortunate neighbors with what they need. Thanks to all for helping us do that!

Barbara

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

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).

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>