

LOAVES AND FISHES

December 2008



The total number of breakfast, lunch and dinner meals, prepared and served by OPERATION: Sack Lunch through **November 2008** is **167,256** for an estimated value of: **\$700,802**

OSL received more than **376,200 lbs** of donated food.

OSL purchased more than **82,000 lbs** of food.

OSL rescued more than **51,375 lbs** of viable food from the waste stream.

OSL staff and volunteers prepared and served **509,575 lbs** of food to those who are hungry in our community through November 2008

Thoughts from the Executive Director or Ponderings of a Perplexed Person

ROSE-COLORED GLASSES PERCHED ON MY NOSE OR POLLYANNA STILL LIVES!!!

2008 is a year that was filled with awe and thunder! What an amazing time in our lives! What a roller-coaster ride!

A new president, a flailing economy... gas that shot up to \$4 a gallon and back down to \$1.97. Our monthly meals went from 10,000 a month to 17,000 a month. Our cost increased 82%. Demand for our service increased 56% and our donations decreased 68%. Ouch!!! Yep, what a roller coaster ride!

As we enter our 20th year of service we are both amazed and perplexed. Amazed that through all the storms and mountainous climbs we have experienced we are still hanging in there. Perplexed that after 20 years there is still such desperate need for our service... So many people in our community are in dire need of nutritional support and basic life necessities. So many people who have never been homeless or believed they would need a service like OPERATION: Sack Lunch for survival stand in our line as first timers with street wise individuals. So many people who need our help. It is not easy for them... And it is not easy for us. It is difficult seeing abject poverty, suffering, discrimination, and intolerance on a daily basis.

Those who are homeless suffer from not only the elements, hunger, and poor health, but also from the intolerance, misunderstanding, and indeed fear based hatred. Poverty does not discriminate, but because of poverty there are those in our community that are discriminated against. Discrimination is present when there is fear and fear is present when love leaves the room. Day after day we become more determined to see our mission and vision statement become a reality:
**"To provide dignity, care and compassion through action with the example that each person can make a difference.
To educate and advocate acceptance and**

understanding of each other's differences. To ultimately bring about the realization that we are all a vital part of this world and with extended effort put an end to homelessness, hunger and hatred."

We are hope filled that as we enter this new extraordinary era in our nations history that fear will begin to diminish, acceptance will begin to blossom, and radical compassion, not judgment, will become the legacy we gift to the world. It is paramount that we begin to address the underlying root causes of homelessness, hatred, and the many levels of hunger our country is plagued with; spiritual hunger as well as physical hunger.

As the days grow darker and colder we all grow a bit more reflective and we open into listening to our "other" voices. These are the voices that remind us that while we are warm, sheltered, and well fed, there are those that walk this journey with us, who need our assistance to overcome life's obstacles. Indeed, for many, the struggle simply to survive is an overwhelming task.

During this season of remembering that the sun will soon shine again, remember also those who need your assistance. Do something...Get involved...Feed the hungry, clothe the poor, give shelter, either emotionally or physically, to someone who needs you. You *will* know them, you *will* recognize them.

Pray. Meditate. Raise the vibration of this planet by your positive thoughts and deeds. Be grateful. Give gratitude for even the simplest of blessings. Be gracious with all that you have, including your ability to listen with your heart and remember that there is someone, somewhere, that would give anything to walk in your shoes. When you embrace gratitude and graciousness, you will be embraced and enfolded in grace. Blessings of the Season ...

beverly graham

PLEASE HELP US!!!

We *know* it's tough out there. We *know* that it is a bit scary. We know that the housing market is bad...that the stock market is bad...that businesses are going *out* of business...that people are losing their jobs...

We know because when the economy is bad we become overwhelmed with the number of people who need and rely on our service for survival.

Gazing back over the past nineteen years we have discovered that when we are needed the most, our financial support goes down. Always robbing Peter to pay Paul, this year has been especially difficult for us. With an 82% increase in cost, a 56% increase in need, and a 68% decrease in individual donations, OSL has been operating at a deficit.

We need your help!!! We need your contributions to meet the overwhelming need for our service. Please help us and allow OPERATION: Sack Lunch to be your tax write off for 2008.

Thank you in advance for your generous contribution! Thank you for finding our work worthy of your hard earned income and for being a vital part of the work we do for our most impoverished citizens. Thank you for your compassion and your love!

Giving Couldn't Be Much Easier!

(All donations made to OPERATION: Sack Lunch are **tax deductible!**)

You can give to us through **UNITED WAY** by designating your donation to OPERATION: Sack Lunch. United Way allows each donor to designate their pledge to any non-profit organization of their choice. OPERATION: Sack Lunch may not be listed on the pledge form but you can **write us in!**

You can also donate at our website at www.opsacklunch.org by clicking on the green "Donate Now" button at the top left of our home page! This feature is provided by Groundspring.org and is fast, easy and secure!

We are also happy to accept your credit card or check donation!

**OSL
PO BOX 1231
Clinton, WA 98236**

OPERATION: Sack Lunch prepares and serves up to **1000** meals a day at a cost of **\$4.19** a meal. Would you like an opportunity to be a part of the nutritional well being of the homeless and food insecure in the Seattle area?

I would like to sponsor **50** meals for the homeless and food insecure **\$211** _____

I would like to sponsor **100** meals for the homeless and food insecure **\$422** _____

I would like to sponsor **500** meals form the homeless and food insecure **\$2110** _____

I would like to sponsor an **entire day** or **1000** meals for the homeless and food insecure **\$4220** _____

NAME: _____

Please charge my credit card :

Expiration date: _____

SIGNATURE: _____

*Our thanks to the following organizations for their continued support of **OPERATION: Sack Lunch** and for making our work possible:*

***The Compass Center**, our kitchen host,*

***St. John Vianney**, hosts our walk-in freezer and dry storage,*

***Food LifeLine and North West Harvest** contribute thousands of lbs of donated food weekly,*

***City of Seattle, Human Service Department**, for their continued encouragement and support.*

Operation Sack Lunch Wish List

- **NEW WHITE SOCKS.**
- **Bottled water (12 to 16 ounces)**
- **100% fruit juice**
- **Hygiene and Personal Care items:**
 - toothbrushes, toothpaste, soap, hand sanitizer,**
 - shampoo, deodorant, combs, brushes, tampons,**
 - emery boards, hand cream, shaving cream,**
 - disposable razors**

OSL BOARD MEMBER HIGHLIGHTS

One of the elements that allow OPERATION: Sack Lunch to continue our service and grow with the needs of the community is the committed time given to us by our Board Members. Below are observations by two OPERATION: Sack Lunch Board Members, Brian Allen and John Work.

Brian Allen CEO – ATS Automation Community Business Partner and donor since 1999

I had the opportunity to learn about OPERATION: Sack Lunch from two notable sources in my life, both in the mid to late 1990's.

My first source involved my daughter, who became interested in the plight of homeless people early in her junior high school career. This interest was based on input from her school, her family, and her own investigation of news accounts of needs in our local community. She tied this interest to a major school writing project, which required she research the subject thoroughly. She took this research seriously and began to contact a large number of shelters and homeless programs in King County. My main function at this point in my life was to act as her chauffeur, which gave me a unique opportunity to tour and interface to these facilities while she was interviewing the directors. It was not very long before she was organizing fund raising efforts, sponsoring pizza feeds at shelters, and involving her classmates in volunteer efforts. I received a great education as a result.

My second source was through the efforts of a good friend and neighbor who sat on the Board for OPERATION: Sack Lunch, who invited me to fund raising events and volunteer efforts to support those in need. It was not long before the two sources converged, giving me added perspective on the needs in our community. I have always appreciated the free market system and the advantages to the benefits to hard work and superior effort in rewarding those who are deserving. It is clear to me that the system is not geared to support those who have specific challenges in terms of developmental, physical, mental issues – or those that simply have not had an opportunity to operate under a constructive example of how our system can work. We must flex to accommodate real world needs to enable those who are have challenges now the opportunity to grow. We also have a fundamental obligation as a society to prevent human suffering when possible and to lend a hand up to those in need.

I have used OPERATION: Sack Lunch as a vehicle within my own company to set a standard that we are about more than traditional market pursuits. By offering a matching gift program with employees and sponsoring volunteer opportunities, we gain a sense of community and build relationships that transcend day to day business challenges. This lifts us to a different level as an organization and provides a work environment that is more positive. There is nothing new to this approach, the basic idea being you gain more by giving than the giving costs you.

I have appreciated the opportunity for many years to sponsor worthy organizations in our community. I personally appreciate the opportunity to be a part of the Board for Operation: Sack Lunch, which makes a positive impact on my own life.

John P. Work—President JP WORK and ASSOCIATES

My association with O.S.L. began several years ago. A retiring business associate asked me to look out for and help Beverly and O.S.L. He shared the mission of the organization with me, and I immediately saw their need for more assistance.

From my start as a box boy at Safeway, and working in the meat business, I have spent more than 42 years in the food industry in Washington and Alaska.

As President of my own company, JP Work and Associates, a business that moves overstocks, freight mishaps and overproduction of food products, our fit with OSL was just about perfect!

I have been, and continue to be extremely impressed at the level of commitment shown by Beverly as the Director, as well as Krista and the rest of the Staff and Board Members of O.S. L.

As the financial problems confronting families in our region escalate, we begin to understand the desperate need for an organization that is expert in helping those who need help. Everyone has something to offer O.S.L. in their own way. Volunteering and community involvement is a way to expand ones own world as well as helping others. So many people have benefited from the work of this group, and so many people still need their efforts.

Perhaps you would like to help?

Could YOU be an OPERATION: Sack Lunch Board Member?

Do you have experience, talent, or an interest in any of the following?

Fundraising, Marketing, Volunteer Recruitment, Organizational Skills, Project Development, Graphic Arts, Web Design... ***Then we want and need you!***

Help keep our wheels on the road and be a part of an organization that has received numerous awards for it's radical compassion, social justice, and innovative service to the food-insecure in our State. Please submit a letter of interest to: ***info@opsacklunch.org*** OR CALL 866-277-9252

OUR VOLUNTEERS: Listed on this page are a few of the individual Volunteers and Volunteer groups that have participated with the OSL staff in preparing and serving more than **167,000** meals thus far this year. They come from Idaho, North and South Dakota, Whidbey Island, Anacortes, Bellevue, Oregon, Maple Valley, Seattle, and Montana. Through November 2008 we have logged more than **11,000** volunteer hours. These hours equate to more than **\$154,000**. **WOW! Thank you all so much!** ~ In 2005 OSL was instrumental in developing the City of Seattle's Municipal Community Court Program which allows offenders with poverty related crimes to work off their offense with community hours instead of jail time. This year our Community Court volunteers have logged more than **3,500** volunteer hours. Some continue to volunteer long after they have completed their service time. ~ Volunteering with OPERATION: Sack Lunch is an excellent way to contribute to the greater good of our community. **Come serve with us!**

You will help us change the world, alleviate hunger, and have a rock-n-roll time!

Lutheran Youth of North Seattle Youth Volunteer Corps Seattle Jewish Community School Bishop Blanchet High School Seattle Lutheran High School Bethany Lutheran Friends of the Children West Seattle YMCA 1 st United Methodist Church Seattle Academy The Overlake School Mercer Island High School Bellevue High School Key Club Messiah Lutheran Church Growing Roots – Americorps LaSalle High School – Yakima, WA Patrick & Donna Tracey Family Dave & Beth Huppin Family Mercer Island Middle School		Cascade Ridge K-Kids Inner Sun Yoga and Wellness N. Seattle Community College Epiphany Lutheran Church Price Waterhouse Coopers Maple Valley Christian School Archbishop Murphy High School ESL Highline Community College Williston North Dakota Volunteers	Safeco KPMG LLP V.O.I.C.E. Seattle Prep Career Builders SVP SeaMar Suarez Family City Year	Messiah Lutheran Flathead Lutheran Youth Volunteer Corp. Blanchet High School Princess Cruises Seattle Parks & Rec. Seattle University MBA Ducuing Volunteers Lakeside School	University of Washington SW Youth Leadership Dave Bennett & Group Natalie Kuzmick & Group Rosen-Harbottle Group Stacy Cone & Group ATS Automation The Bush School Heather Kliment & Group	Camp Fire USA Starbucks Building Changes Missio Lux Nordstrom
Marla Avesnell Erika Larson Shannon Lawson Lara Sisal Nate Sage Y. Mason Larry Johnson Susie Rice Penny Coles Chloe Adamson Carol Rosenquist Carolyn Ross Joanne Lundby Sue Grabinski Kyle Gray Ronnie Ellis Brittany Marano Nick Jackson Halley Warner Sonia Mendoza Max Hawley Aoie Akridge Jorge Medina Trevor Bohling Corey Clatterbuck Kaila Pautazin Leah Pendley Harold Baker Julie Krippner Aric Devens Laura Baird Nathan Gibbs Lauren Overholt Katy Perry Kayla Stull Bethany Kittel Addy Walker Norei Meher		Natalie Pinkert Diane Steinmayer Kelly Trader Robert Durst Ellie Lipton Sudney Lopes Chris Morris Rachel Gallagher Audrey Marr Lindsay Adams Mary Wingerson Miranda Ho Erika Carlson Gigi Dawn Natalie Marques Masami Cookson Angela Conti Jeneca Dovey Alexa Aratani Adrian Bezier Julie Krippner Andrew Melin Sarah Daigheault Leslie Hartle Claire Jaigneault Megan Stillmann Sean Byarlay Jon Huelin Kara Hueher Erzsi Nassau Joe LaCasse Abdinasir Jama Alexandra Orme Min-Yi Tou Mason Hczkelt Alice Lu Jun Tang Sarah Sonja	Jane Kosloff Kirsten Smith Matt Thomas Richard Leyda Joan Weiss Phvoc Tran Sang Yeop Han Seul Lee Miyako Takitani Mario Moriarty Joan Jankowski Ellie Lipton Anna Shwab Ashley Jones Jared Black Hannah Schaupt Carley Taylor Chase Maas Janice Hager Matt McGeehan Barbara Haugen Renee Chiang Frieda Chiang Scott Murphy Liz Meter Terry Walburn Cassie Mullen DJ Johnson Kessiah Gordon Conner Thompson Andrew Boombaurer Peter Boomhauer Andrew Christianson Marvnaya Henderson Alex French Matt Wasielewski Grace Johnson Joseph Hwang	Rick DePaso Eric Serrano Ross Pollack Caroline Sargent Amy Fredricks Mariel Durietz Robert Hawks Kevin Forsell Kyle Bushett Gary Bernard Jacob Durllett Janic Hager Jared Black Carley Taylor Chase Maas Bekah Holz Amy Tsar Dani Ladyka Rosie Makquez Rachel Levens Mauricio Martinez Kayleen Bacon Cvetan Damyanov Stan Bicyukov Naheed Karamali Daniel Bernays Laida Maiolatesi Anna Holz Isabel Short Carly McClelland Alexis Kehn Joshua Tunison Holly Siburg Sara Wood Rachel Sybouts Alina Yovetich Aaron Alter Issac Alter		
				Sopie Revere Brandon Johnson Caroline Biou Holly Ledbetter Sitania Wondemu Walt Mehrey Andrew Bonken Caroline Williams Emily Mantel Kenneth Clinton Randy Rabenstein Lynn Rabenstein Adriana Flores Sharon Templeton Max Barber Amanda Grant Kevin Turnbull Claire Miller Dan Grillot Carrie Miller Shelby Schlittler Bruce Bishop Jay Terry Mary Blalocke Mateo Vautaz Deb Frackt Meg Helder Billy Bergstrom Sue Hwang	Rebecca Goiclander Zac Umansky Anthony Baker Rob Collins Kenny Tyson D'Marrio Sampson Andrew Yee Nathan Becker Mason Heckett Allen Franklin Alexio Pors Andy Dohlstrom Cassie Gammill David Jensen Dewey Potter John Braden Karen Tsao Robb Courtney Carol Everson Paula Hoff Susan Golub Paul Humphries Alex Bailey Max Huseby Tallis Moore Murphy Kittell Bekah Holz Anna Holz Anthony Bastone	Holly Nash Taylor Harlington Joan Weiss Rona Nelson Nikki Street (& daughter) Tom Nelson Yi Wang Angelena Crown Stacey Kern Mitchel Saw Janelle Malama Dorothy Shapiro Shanna Griffin Susan Raxborough Sue Klisch David Bassett Tyler Keiper Julia Jackson Caitlyn Edwards Andrew Cocanour Alice Madden Hillary Warden Bob Henry Scott Jahrman Sandy and daughters

Through **November 30th of 2008** the following **156** Individuals, Corporations, Foundations, and the City of Seattle made it possible for OPERATION Sack Lunch to provide **167,256** Nutritionally Excellent meals to the homeless and food insecure in the Seattle area with their contributions totaling **\$370,180.51**. We could not do it without you. **THANK YOU!**

Brian Allen America's Charities Lindsay & Janet Anderson Teresa Anderson Archbishop Murphy High School Michael Arians Margaret Wold Armstrong Pushkara Ashford ATS Automation Ellen Bartholomew Dave & Beth Bennett Sarah Berger John & Michelle Boal Joseph & Julie Bodmer Marilu & Eugene Boe Kathleen & James Borgman Michael Bowden Herbert & Shirley Bridge Laurie Brown Rhonda & Mauel Brown Beverly & Bob Bruno, John Brusati Danielle Burd Marlice & Richard Camus Stacey Castleberry & Craig McAllister City of Seattle City of Seattle Combined Charity Campaign CLC Women's Servant Fund Susan & Richard Cleva Carolyn & Douglas Cole Joyce Collette Compass Center Mary Ann Cook Costco Jonathan Coyne Mary Ann & Sherwood Dickie Kaye Downing Jerrie & Al Drinkwine Catherine & William Ellis Richard Epstein Expeditors Int. Of Washington Sharon Ferguson Flow Control Industries, Inc. Connie & Frank Fuda Lora Lea & James Gavin Marilyn Gist Jay & Sara Glerum Beverly Graham Harry & Carol Green Debbie Grimm Jason & Lisa Grimm Krista Grimm Groundspring.org Ruz Gulko Trent Hager Ingrid & Dennie Hansen Karl Harris August & Diane Hendricks John Holmes	Mary & Norm Hradec Jan Hulteen John Hurd In Control J.P. Work & Associates Linda Julien Julie Keegan Judy Kelley Latrisha Kelley Kennedy High School Margaret Keogh Sandra Kirsopp Shannon Kovack Stephanie & Chris Larson Kathie Ledger Kathleen Lewis Beth, Kristen & Mark Lindell Mark Lindell Corinne Ludy Colin Macedo MacDonald Miller Major Electric Emiko & Vincent Marx Alan & Margaret Mattock McKinstry Co. Charitable Foundation John McMullen Maria Meda Microsoft Barbara Miller Laleh Mirabbaszadeh Linda Morgan Peter & Anna Marie Morton Gretchen Murphy Roger Myers Jerome Nokes Nancy Nordoff Donald Nowak Cynthia & David Nowowiejski Jim & Pat Nye Marilyn Ochiltree James Odom K. Alex Onno, M.A. Catherine Orth John Ott Roy Ozanne Randy Pagulayan Samantha Parlier Mary Beth Peavy Abigail Petty Darrin Pritt Naomi Riesgaard Virginia Riley Stan & Michelle Rosen Timothy & Diane Ryan Safeco Corporation Shellagh & Louis Schaeffer Jean Schmidt Gail & Ron Schroder Karen Schwartz	Seattle Academy of Arts & Sciences Seattle Foundation Clarence Seeliger Tim Shimono Molly & David Shoup Gerry & Nancy Simpson Joyce & Jack Small Laurie & James Smith Doug Starrup State of WA. Dept. of Personnel Carol Stipek Jeannine Takaki Barbara Tennis The Art of Giving & The Giving of Art Patrick & Donna Tracey William Treacy Barbare Twaddell United EWay United Systems Mechanical, LLC United Way of King County United Way of Snohomish County Unity of Whidbey Donna Vanderleiden-Werdell Marilyn & George Vipavetz Thomas Volkle Rebecca Wagner Susan Wagner Rosemary Warren Washington Dental Washington Mutual Mary Jo Wertheimer Sue Ellen White Morgan Williamson Mary & Randall Wood Willard & Evelyn Wright Delores & Tony Zimmerman Zymogenetics FOOD DONORS Food Life Line JP Work and Associates NorthWest Harvest Albertsons- Eastgate QFC-Redmond Whole Foods - Redmond, Westlake & Roosevelt stores Capital Grill The Space Needle WAMU Rock Bottom Brewery Sonic Wall Lisa D. Catering SSC City Catering Sodexo Kitchen Albertsons - Mount Lake Terrace Odwalla Gate Gourmet Meydenbauer Center Microsoft Chef's Association Convention.
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OPERATION: Sack Lunch

PO Box 1231

Clinton, WA 98236

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To educate and advocate acceptance and understanding of each other's differences.

To ultimately bring about the realization that we are all a vital part of this world and with extended effort put an end to homelessness, hunger and hatred."



NUTRITIONAL EXCELLENCE:

A right we are born to not a privilege we earn

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info@opsacklunch.org