



# LOAVES AND FISHES

June 2010

Thoughts from the Executive Director

Or Ponderings of a Perplexed Person...

*beverly graham*

## What we learn from forgiveness...

Much of my life has been trying to understand, not just our differences, but the things that make us the same; facial expressions, shrugs of the shoulder, fingernail biting, the roll of the eyes, our need for companionship, understanding, love, and forgiveness.

The word forgiveness is often bantered about, but not often understood. Forgiveness is a verb that must be acted on with a pure heart and pure intent. It is absolute. When it happens in this way there is no judgment and positive energy is set into motion. OPERATION: Sack Lunch recently, in the past few years, had the opportunity to extend this kind of forgiveness and truly walk our talk.

In 2006 Chef Paul came to us from what we thought was via Hurricane Katrina. He told us he lost everything in the hurricane; his pastry business, belongings, and life savings. It turned out that much of what Chef Paul portrayed himself to be was untrue. Although he was a superb chef, extremely knowledgeable and likable, patterns began to emerge in his behavior that raised red flags for us and put our organization, and our reputation, at risk. We began to learn of lies, deceit, and drug use which culminated in embezzlement. Chef Paul ran from us in shame and embarrassment. Our belief in humanity was shaken, our ability to trust was compromised, and our concept on radical compassion was sorely put to the test. Although there was anger, mostly there was hurt and disappointment. We could have turned the situation one of accusation and hatred but instead we decided to love Chef Paul even more for his weaknesses and for reminding us that we all struggle, and that we are all in this together. This is the reason our organization exists, to help with the struggle and to set the feast for the prodigals. Because of this Chef Paul sought help for his addictions and the behaviors that went along with them and began to travel the road of recovery and restitution. He has now been clean and sober for more than three years and his real story is even more compelling than all of his made up fabrications. Like the Velveteen Rabbit, through love, Chef Paul has finally become "real".

## Below is Chef Paul's story.

*I knew as a young boy at the age of 12 that I would be involved in the food industry one way or another. My father was in the restaurant business and I thought I wanted to be just like him.*

*I spent much of my youth learning to become a master cake decorator and by the time I was 18 the doors were wide open. The world, as they say, was my oyster. I went to work for Kroeger's as a cake decorator and pastry chef for 11 years, however I had a dark secret that started to send me in a downward spiral; the long destructive path of drug abuse. I spent 20 years going from town to town and sofa to sofa still denying I had any sort of problem. I became a great prevaricator and was able to camouflage my addictions for long periods of time. In October of 2005 I moved to Seattle still very addicted to cocaine. I learned to be an excellent story teller and could blend into any environment like a chameleon. I came up with an elaborate account that I was a Hurricane Katrina evacuee in hopes that someone would take pity on me and give me a place to stay. Things got out of hand and one lie led to another which led to another and before I knew it I was up to my eyeballs in lies. The problem with lying, with living life as a lie, is that it erodes into your very soul and not only does your self esteem disintegrate, but it is impossible to remember what you told to whom. Pretty soon the discrepancies become apparent.*

*Anyway, I ended up homeless and became a client of the Compass Center in Seattle where I was given shelter and some hope. Then I met Beverly Graham and Krista Grimm from OPERATION: Sack Lunch. The lies continued to grow because I wanted to impress them. They embraced me like I was a family member and before I knew it OSL offered me a job in the kitchen as a cook and a few months later they offered me a dream job as the Executive Chef and Instructor of OCCUPATION Next Step, a pilot program training homeless people to become Chefs. I thought everything would work itself out even though I was still heavily addicted to cocaine. I was trying very hard to live the lies that I had dreamed up in my head and told to everyone. The foundation is false and so not one part of my life was real.*

*Beverly and her staff, the volunteers, and many others involved with OSL believed in me and praised my talents, but inside I felt dead. Before I knew it the stress of the lies, the deceit and the drug use was beginning to destroy me. I was at the end of my rope and the noose was getting tighter and I was caught in my deception. Beverly did not prosecute me nor persecute me. She loved me. It was harder than anything I ever had experienced; to be loved inside my shame.*

*Beverly exercised "tough love" and I was fired. I had nowhere to go, no family to turn to because they weren't speaking to me, so I finally decided to seek help. (continued on page 2)*



HE'S BACK!!

### **CHEF PAUL Continued**

*On January 11th 2007 I went into treatment for my drug addiction. I moved into clean and sober housing and things began to change for me.*

*After my treatment I only talked to Beverly a few times just to stay in touch and to let her know that I was doing O.K. She never made any judgments about my past but only loved me. For the first time in my life I realized what it felt like to have love and to love myself. The conversations that Beverly and I had became more frequent and finally I was able to go visit her at her home....whew! I thought it was going to be one of the hardest things I ever had to do but it turned out to be one of the best moments in my life.*

*I have been clean and sober now for more than 43 months. I now have my family back in my life and I have Beverly, Krista, and my OSL family back as well. In January of 2010 I signed a lease on my very first apartment ever! I am 47 yrs old and had never lived alone or had had anything I treasure to speak of. I now have a love for myself, my family and my OSL family and I was rehired as the kitchen manager for OSL at the beginning of June. I now know the real meaning of honesty and compassion. I know that throughout our lives we meet people along the way for a reason. I never wanted to take the time to know why, but now I believe I do know why. Some people are just there and others you meet because they are there to*

*guide and support you through the rough times. Then there are people like Beverly and the OSL organization that shows us how to truly love others even if they are outcast and undesirable. People can change when they are truly forgiven. Chef Paul Niclosi*

Paul is now back with us, affirmed that to us that love can heal even the most damaged heart. It takes courage and integrity to seek help. It takes determination to change lifetime behaviors one day at a time, It takes true humility to ask for forgiveness. Chef Paul is now back with OSL and we look forward to his vision, humor, humility, and superb culinary delights!

79,182 meals and 2386 unduplicated individuals. Year to date 1226 volunteers have contributed 6131 hours and rescued lbs of viable food.

OS (OPERATION: Sack Lunch) has been serving the nutritional needs of the homeless community in Seattle for the past 21 years. Like the loaves and fishes represented in our logo, this organization multiplied by belief and faith. Belief that we all do indeed have a right to nutritional excellence and faith of those who have contributed to our organization with their time, talent, and treasure.

OSL does this work without fanfare or need for recognition and although we are the fourth largest meal provider in Seattle, Our staff

### **THANK YOU**

*Our thanks to the following organizations for their support of **OPERATION: Sack Lunch** and for making our work possible:*  
**Compass Housing Alliance**, 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.

## OSL BOARD STAFF HIGHLIGHTS

### **This months OSL Board and Staff special commendations to:**

Board Chair, Brian Allen from ATS Automation for his tremendous effort to keep the OSL doors open, the wheels on the road, and the food on the table.

Ken Wright, Co-Chair, for keeping OSL computers, servers, and staff connected to each other and the world.



Bobbie Lyons OSL board member and co-founder of Living Life Larger, an organization that supports other non profits through musical events.

OSL Staff Commendations to Krista Grimm for her “never say die” attitude and for always going above and beyond the call of duty and to Chef AC who stoically holds the line while things are heating up around him and new comer Outdoor Mealsite Security Staff, Ryan for

### **OSL welcome Ryan Fornes OSL’s new security staff for the Outdoor Meal Site.**

Ryan has spent most of his life working in security from private to transportation. The Company TCCD was his first real job and he stayed there till the bitter end when the company went under due to the tech market crash.

His love for animals lead him into the field of Veterinary services as a vet tech in 2001 and shortly after Katrina he teamed up with Animal Medical Services and worked with them untill moving to Seattle.

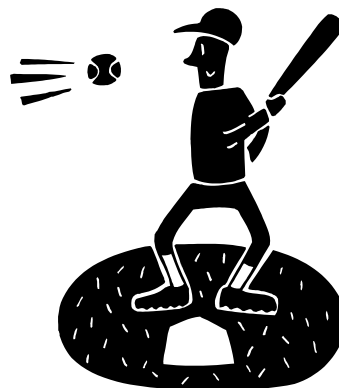
Ryan was literally followied his heart when he moved up to Seattle as the love of his life lives in the area.

After a very short run as a barista, Ryan stumbled onto the Craigslist ad for OSL’s security job. Having volunteered for one of the weekend meal provider groups at the Outdoor Meal Site, which OSL manages for the City of Seattle, he knew that he would be perfect for this job since two of his passions; keeping people safe and cooking, would go hand in hand. He knew he had found the perfect job with the best people in all of Seattle. (These are his words!) Ryan has been with us since late January and has really helped to maintain the Outdoor Meal site, and spice up the kitchen



**TAKE ME OUT TO THE BALL PARK:**  
***HUNGRY WILL SING FOR FOOD***

OSL, The Seattle Mariners, and KIRO are teaming up for an exciting event in the later part of August at Quest Field. We will keep you posted!



*In the first half of 2010 The following Individuals, Corporations, Foundations, and the City of Seattle made it possible for OPERATION: Sack Lunch to provide **95,182** Nutritionally Excellent meals to the homeless & food in-secure in the Seattle area with contributions totaling **\$176,369.40***

Alisha and Evan Ackley  
 Ralph Edward Adams  
 Sally Annabella  
 Michael Arians  
 ATS Automation  
 James Baird  
 Ballard First Lutheran Church  
 Teresa Banghart  
 Donna and David Bernard  
 Katy and Rick Blanchard  
 John and Michelle Boal  
 Joseph and Julie Bodmer  
 Marilu and Eugene Boe  
 Kathleen and James Borgman  
 Pamela Bowles  
 Miriam and Jo Callagan  
 Marlice and Richard Camus  
 Mary Carlton  
 Lois Cassidy  
 City of Seattle Combined Charity Fund  
 City of Seattle  
 Linda Marie Clay  
 Sharon Crouch  
 Susanne Dahl  
 Laura Dodd  
 Jerrie and AL Drinkwine  
 David and Linda Ebberson  
 Anna Marie Elia  
 Cristi Erickson  
 Expeditors International  
 Sharon Ferguson  
 Tom and JoLinda Fleming  
 Linda Fonville  
 Beverly Graham  
 Jodi and David Grimm  
 JoAnne and Michael Guiberson  
 Jill and Larry Haakenstad  
 Christian Harrett  
 August and Diane Hendricks  
 Lewis Hendricksen  
 Lillian Henriksen  
 Patti Howard  
 Jan Hulteen  
 Johnson Barrow Inc  
 Nicola Johnson  
 Latisha Kelley  
 John and Betty Kendall  
 Kennedy High School  
 Kelli Kirk  
 Ken and Ramona Kirsch  
 Shannon Kovack  
 Richard Kraemer

Stephanie and Chris Larson  
 Tracy LeRoy  
 Beth, Kristen, and Mark Lindell  
 Living Life Larger  
 Michelle Macias  
 Marilyn Mantini  
 Keith and Lillian Martin  
 R.A.McDermott  
 Dennis and Kari McGriff  
 McKinstry Co Charitable Foundation  
 John McMullen  
 Maria P. Meda  
 Microsoft  
 Peter Miller and Jean Johnson  
 Joan Montegary  
 Gretchen Murphy  
 Roger Myers  
 Jerome Nokes  
 Donald Nowak  
 Cynthia and David Nowowiejski  
 Marilyn Ochiltree  
 John Ott  
 Randy Pagulayan  
 Joseph Pankiewicz  
 Samantha Parlier  
 Timothy and Delores Pingrey  
 Bonnie and Ronald Reese  
 Shellagh and Lois Schaefer  
 Mary Beth Schoeler  
 Anne Schulte  
 Seattle Academy Arts and Sciences  
 Seattle Foundation  
 Clarence Seeleger  
 Robert Sherrer  
 Tim Shimona  
 Symetra  
 Jeannine Takaki  
 Townsend Cabin  
 William Treacy  
 United Way King Coounty  
 Thomas Vandenberg  
 Thomas Volkle  
 Rebecca Wagner  
 Daniel Wall  
 Sarah Williams  
 Jane Winslow  
 Ken Wright  
 WSIPC  
 Cindy Young  
 Tony and Dee Zimmerman

## Thank you for your Contribution to our work!

All donations made to OPERATION: Sack Lunch are **tax deductible and you can donate in several ways! We would love to be your end-of-the-year tax deduction!**

- **Visit our website and donate through the PayPal button**
- **Send a check**
- **Call us with a credit card donation**

You can also give to us through **UNITED WAY** by designating your donation to OPERATION: Sack Lunch or through a matching gift through a workplace campaign. If we are not on the pledge form you can write in OPERATION: Sack Lunch! Thank you for your generosity and for helping us continue our life-saving work!

**OSL**  
**PO BOX 1231**  
**Clinton, WA 98236**  
**1-866-277-9252**

**Each meal the OPERATION: Sack Lunch team** prepares and serves costs approximately **\$4.19**. We presently serve 16,000 meals a month. You have 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 **\$211** \_\_\_\_\_  
 I would like to sponsor **100** meals **\$422** \_\_\_\_\_  
 I would like to sponsor **500** meals **\$2110** \_\_\_\_\_  
 I would like to sponsor an **entire day**  
 or **1000** meals **\$4220** \_\_\_\_\_

NAME: \_\_\_\_\_

Please charge my credit card :

# \_\_\_\_\_

Expiration date: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

**OUR VOLUNTEERS:** Listed on this page are individual Volunteers and Volunteer groups that have participated with the OSL staff in the first half of 2010 and have logged **6131** community service hours. These hours equate to more than **\$91,965**

**Thank you all !**

Volunteering with OPERATION: Sack Lunch is an excellent way to contribute to the greater good of our community.

**Come serve with us and help us change the world, alleviate hunger one meal at a time!**

<b>Groups</b> Seattle Jewish School Highline Community College ESL ATS Automation Cascade Ridge K Kids Club Good Shepard Community Church Price-Waterhouse Cooper Americorps Girl Scout Troop 450 Stroum Jewish Community Center Entiat Warehouse Community Church Girl Scout Troop 52935 Sea Mar Community Health Center Trinity Lutheran Church Norman Rockwell Daisy Troop Bellevue Community College Bellevue High School Key Club American Red Cross Rainier Christian School Sound Community Bank Lakeside Middle School Wallingford Presbyterian Church United Way Day of Service Seattle Prep Urban Plunge City Year St. Josephs Langley Middle School Mercer Island High School Honor Society Seattle Academy Zoodango Woodridge Community School Mercer Island Day of Service World Affairs Council Omamas Black Rock Matthew Norton Company SVP/VOICE Well Church (Rapid City Youth Group) Pemco Compass Health Messiah Lutheran Church Summerstock Dance Farwest United Synagogue Youth Flathead Lutheran Campers Microsoft DataCon/ERD Service Alternatives University of Washington Day of Caring Horizon House Overlake School Seattle Works The Perkins School Qwest Chzvurat Shir Hnyzum Zion Lutheran Church Building Changes Vista Academy Kaplan Aspect ESL Liberty Mutual/Safco	Abbott, Alex Abe, Dana Adamson, Anastasia Aguilar, Nicole Ahlalook, Ann Alexander, Azar Allison, Chris Audino, Mackenzie Baker, James Barlow, Alison Bauman, Catlyn Bee, Angela Beers, Samantha Benmar, Claudine Bertholy, Wayne Best, Anna Michael Mrs. Bleakley Maple Valley Christian Boese, Ed Bonwell, Chase Boss, Terry Bowman, Alyssa Boyer, Robert Brady, Robin Breetwor, Alyssa Brindle, Andrew Brotherton, Kyle & Angela Bugar, Karen Butcher, Thomas Callagan, Kayo Cammarano, Nick Caratoo, Zachary Castelo, Angelina Cavanagh, Danny Chao, Angela Charley, Roger Chu, Jon Clarke, Marianne Cobel, Sandy Coleman, Riley Cook, Chelsea Coziar, Felicia Curtis, Anthony Darham, Shane Dei, Gloria Dinaman, Andrew Dingman, Beth Disch, Ashley & Sheri Deopp, Charles -Anna, Sue Don Sing, Kim Eickelborg, Lori	Fink, Andrew Freedman, Caryn & Mitch Froland, Taylor Funfar, Hannah Gales, Henry Gedron, Mark Ghah, Jingwen Gottschalk, Kendra Grady, Sean Green, Taylor Green, Fred Green, Pam Green, Hunter Green, Harry Grimm, Jason & Lisa Gunn, Elaine Hannah, Megan Harp, Jami Heam, Nathan Helander, Amanda Heusinkueld, Kristin Hines, Jessy Ho, Jung Hodgson, Laura Hood, Connor Hopper, Garrett Hu, Emily Hunt, Paige Jacobs, Joel Jhu, Becky Jones, Ryan Jones, Britta Jorgensen, Nathan Jorgenson, Cheryl Journey, Camille Kaman, Nicholas Kane, Jessica Keefe, Colleen Kiely, Christine Kelli Kirk & kids Klinumeier, Nicole Knakal, Norm Kostal, Joan & Frankie Krause, Rachel Krenda, Chris Lagomarsino, Mary Lamarre, Chloe Layton, Blake Lederer, Mike Leek, Douglas Leingang, ben	Leite, Rich Lim, Alex Lock, Jun Logan, Brennen Loranger, Emily Lundquist, Kristen Lyons, Bobbie Lyre, Joshua Magill, Olivia Martin, Kate Matter, David Mayors, Bradly McCracken, Charlotte McGee, Justin McKinley, Haley Meyering, Scott Miller, Castille Miller, Marcus Moytoya, Zoye Mullen, Daniel Mulvaney, Kyle Murphy, Kalie Nasralla, Maria Natzel, Andrew Neary, Andrew Neary, Michael Newman, Nate Nilan, Leslie Olsen, Karl Ostrander, Debbie Owen, Theresa Oza, Viral Page, Mara Payne, Riley Pen, Krischel Pendleton, Anna Perry, Fachon Posner, Michael Pribble, Nick Ramirez, Kevin Reich, Erica Reich, Leo Richter, Stephanie Reimer, Marty Roberts, Kate Ross, Megan Ross, Sue Rothman, Sophie Saunders, Laurie Say, Anthony Scandiffo, Mary
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Scandiffo, David Scharbau, Rick & Robb Schuster, Jake Sek, Salyna Shen, Janet & Natalie Shinoda, Susan Seigfried, Dave Sinclair, Libby Singh, Simerun Smith, Joseph Smith, Aleisha Smith, Alex Stallwood, Catherine Steckler, Milo Stout, Sarah Sullivan, Dennie - Karen, Tyler Swedelius, Hydrie South Whidbey High School Tanhueco, Tony Tento, Sean Thiebaud, Jennifer Thilaphanh, Panome & Sean To, Tong Tsay, Jessica Twain, Jessica Valtcheva, Lilia Vorauer, Clint Wagner, Sofia Walke, Joey Wang, Yi	Westfall, Tom Wheatley, Ryan Wilkins, Barbara Wilson, Chelsea Winsnes, Sue Woodard, Michael Xue, Jason Zepeda, Veronic <div>Seattle Parks &amp; Rec. Building Changes KPMG Aupair USA Starbucks YVC TOPS One Brick</div>	<b>FOOD and PRODUCT DONORS</b> <b>The following organizations partnered with OPERATION: Sack Lunch and our satellite program, Food In Motion, and helped us rescue more than 59,000 lbs of viable food before it hit the waste stream.</b>	
		Food Life Line JP Work and Associates Starbucks Odwalla NorthWest Harvest Capital Grill Wild Ginger at The Triple Door Wholefoods-Westlake Wholefoods-Roosevelt Wholefoods-Redmond QFC-Broadway QFC-Redmond	City Catering R & K Foods Charlies/ST Produce Levy Restaurants (Qwest Field) The Garage St. John Vianney Elliot's Oyster House Rock Bottom Brewery Kinetix

**OPERATION: SACK LUNCH**

**PO Box 1231**

**CLINTON, WA 98236**



**OSL NEWS: LOAVES & FISHES**

**"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."**



*Gregory J. Nickels, Mayor*

**Partners in Compassion**

**City of Seattle**

**&**

**OPERATION: Sack Lunch**



**NUTRITIONAL EXCELLENCE:**

**A right we are born to not a privilege we earn**

[www.opsacklunch.org](http://www.opsacklunch.org)  
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