



Stewpot Newsletter
March, 2015
Editor: Charles Frith
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Stewpot Officers - 2015

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

Stewpot Committees - 2015

Volunteer Chairperson - Jan Van Ness
Special Events - Kay Shurgar
Manager Nancy Rorex
Day Manager - Ed Brown
Communications - Charlie Frith

Official Stewpot Holidays*

New Year's Day

Martin Luther King Day

Good Friday

Memorial Day

Independence Day

Labor Day

Thanksgiving Day & the Day After (Friday)

Christmas Eve

Christmas Day

*The Stewpot Board has the option of opening Stewpot and serving food on any given holiday.

Trinity Presbyterian Missionaries Clean-up, Fix-up, Paint-up the Stewpot

Twenty-four Trinity Presbyterian Missionaries embarked on a Stewpot Clean-up, Fix-up, Paint-up mission January 16 and 17. The project began Friday at 1:30 pm, with a thorough cleaning of the walls, baseboards, windows, sinks, cabinets, vents, ceiling fans, doors and refrigerators. The hole in the northwest ceiling was tackled by two brave souls (with lots of advice from the rest of the group).

On Saturday, paint preparation began the day, which included painting the dining room, the kitchen and serving area, adding a splash guard to the sink and 15 new roller shades to the dining room and pantry windows, along with a shade for the prep room window. A new toilet seat was installed in the ladies' room and the men's room door was painted. New bulletin boards were installed and refreshed notices were hung.

Several of these missionaries cook and serve on Trinity's bi-weekly service days and *gladly* supported this project. Trinity's prayer is that this project will show each Stewpot client they are valued, loved and important.





Stewpot Video

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



Little Rock
Stewpot

Westover Hills Presbyterian Church Hosts Stewpot Meal

On February 4, the two Stewpot Teams from Westover Hills cooked a delicious Stewpot dinner for about 40 individuals of the Westover Hills congregation. Those helping with the meal included Charlotte and Charlie Frith, Ray Koone, Ed Stanfield, Fred and Laura Whitmore, and Adrienne Kulosek. Rick Henry, a friend of Ray Koone, and a Stewpot worker from

another team, cooked a delicious, hearty vegetable soup. This was the same soup recipe that he cooks for Stewpot. The rest of the meal included salad, bread and a delicious homemade banana pudding made by Ray Koone. Colorful paper flowers in large pork and bean cans decorated the tables. Following the meal, Charlie Frith showed a short video about Stewpot and Nancy Rorex, Manager of Stewpot, gave a very entertaining and informative talk about all the activities that take place there. She was very complimentary about all that Westover Hills does for the Stewpot.





Stewpot Recognizes The Two Every Other Monday Teams

Mick Wilson and Kay Shurgar alternate as Team Captains every other Monday. That means that each team works at least twice a month and one of the teams works three times a month in the months with five Mondays.

Mick Wilson's Monday has 26 Trinity Presbyterian volunteers that he normally emails every other Wednesday so that they have time to respond as to whether they are able to prepare the meal or serve. Team Members include **Mick Wilson - Captain**, Vicki Gill, Marty Bauer, Blake Smith, Nancy Howell, Frank Howell, Lewis Taylor, Sterling Goodwin, Terri Robinson, Amy Gatewood, Janet Goodwin, Julianne Sublette, Mary Louise Wilson, Meera Sampam, Nancy Rorex, Dick Brannon, Rick and Rebecca Kron, Sid Dabs, Teresa Kelly, Ann Moore, Wanda Hartness, Dick McCown, Jeff Price, Lauraette Tucker, Carol Leggett and Werner Schwarz. Preparers show up at about 9:30 and also pick up bread and pastries from Community Bakery.

Their group typically prepares soup or spaghetti, greens flavored sometimes with sausage, possibly rice and gravy, sometimes fruit or fruit salad, pasties and cookies, along with various breads, coffee, tea, and water - usually requires 3 preparers and 6 servers - the servers get there typically at 11:30 and leave about 1:15.



Some of the Team Members from Trinity Presbyterian Church

Trinity Episcopal Cathedral has had a team at the Stewpot since its inception in 1978. The late Maggie Herndon, a Trinity parishioner, was involved in the formation of Stewpot. Her dedication to feed the poor and homeless in downtown Little Rock set a standard for our parish's involvement in this outreach mission. Our current team members include **Kay Shurgar - Team Captain**, Ruth Parker, our coordinator, making certain we have a full crew, Mary Mulkey, Ted Treadway, Judy Barger, Sharon Holloway, Tish Talbot, Helen Leigh, Diane Brownlee, Mary Biando, Toni Cullum, Marion Spivey, Sherry Means, Sandra Cook, Linda King, Bev Jacobs and Jerry Shurgar fills in when necessary.

I must mention Joe Fox and Lia Lent (owners of Community Bakery), who have graciously donated pastries to the Stewpot for many years.

Our menu:

Mixed beans, pinto,kidney,etc- seasoned with special secret spices

Rice and gravy

A vegetable- greens or succotash

Mixed fruit

Sometimes salad

We occasionally get more exotic food from Pot Luck, and Rice Depot.
Recently, Rice Depot has supplied us with peanut butter, which we set out
on the tables. We are proud of our unbroken chain of service.



Some of the Team Members from Trinity Episcopal Cathedral

(Not pictured are Marion Spivey, Ruth Parker, Toni Cullum
and Sandra Cook)

From the Clothes Closet.....



The Clothes Closet has been very blessed lately in that clothing donations have been great!! However, there are some items that we always seem to need. Below is a listing of our "most wanted" !!

- Athletic shoes, tennis shoes, sneakers (for both men and women)
- Boots (for both men and women)
- Ladies underwear (sizes 5-9) and men's underwear (sizes 34-36 as well as sizes 44 and up)
- Bras
- Men's and women's jeans
- Travel sizes of lotion, deodorant, toothpaste, as well as razors and toothbrushes.

Thanks so very much to everyone who has donated! Clothes Closet would not be the same without you!!

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>

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