



As summer turns to fall and the weather begins to cool off, here are the items we need most for men, women, and families coming in off the streets:

- Men's white t-shirts and socks
- Men's underwear
- Winter coats, gloves, and hats
- Boots for men/women/ children
- Twin and full sheet sets
- Twin and full blankets and comforters
- Personal hygiene items (toothbrush, toothpaste, double-edge razors, shaving gel, deodorant, shampoo, etc.)

For more information on how you can donate these or other items, please contact the Mission at 651-292-1721.

# Thanksgiving will be here soon

## Please help us fill the pantry!

The calendar may say September, but we're already aiming our sights on Thanksgiving.

And you know what that means ... thousands of food baskets and hot holiday meals to prepare at a time when poor families — and even middle-class families — are finding it difficult to consistently put food on the dinner table.

Won't you help re-stock our food pantry this fall? If you do, we'll be able to feed thousands of homeless, hungry, and hurting men, women, and children in the Twin Cities this holiday season!

There are so many ways your gift can help:



**\$20** will supply fresh baked bread and rolls.



**\$35** will buy fresh fruits and vegetables.



**\$50** will provide milk, coffee, and fruit juice.



**\$75** will deliver pumpkin pies and other desserts.



**\$100** will make certain we have enough turkeys.

*Thank you for helping homeless and hungry people enjoy an unforgettable holiday meal!*

## Who steals food from his own children?

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dad still rubbed her nose in it.

"See, God ain't mad at me for doing drugs," he would jeer. "He just provided a way for us to have food today."

Finally, Tambre couldn't stand it any longer and took off — eventually ending up at the Mission.

Having a safe place to live, and three meals a day — every day! — lifted "an unbelievably heavy weight off my shoulders," Tambre says. Now that food is no



longer a worry, she is brushing up on her education, and working hard to put her life back together with the Mission's help.

Today, she says, "I feel hopeful ...

*"See, God ain't mad at me for doing drugs ... He just provided a way for us to have food today."*

energetic about life. I know I'm worth the blessings that God has given me. And I'm thankful to the Mission (and its donors) for making it possible."

*This Thanksgiving season, hundreds of families like Tambre's will come to Union Gospel Mission in desperate need of food.*

*Some will have had their hours cut at work and can no longer keep up with the soaring cost of food. Others are being squeezed by the rising cost of gasoline or have lost their home to foreclosure. And then there are those like Tambre who, through no fault of their own, can't feed their hungry families.*

*Won't you help offer relief to others, by helping us provide thousands of food baskets and hot meals this holiday season?*

*Your gift means hope to desperately hungry families all over the Twin Cities. Please be as generous as you can. Many of these people have nowhere else to turn. Thank you.*

JUST \$1.92 FOR A HOT THANKSGIVING MEAL!



# Twin Cities



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## Who steals food from his own children?

*Desperate mom rescues family just in time*

**T**wo years ago, Tambre's kids were too young to understand why there was never any food in the house.

They understand now. Their daddy was stealing food in the middle of the night — and then exchanging it for drugs.

"I'd get my check and go grocery shopping and stock the freezer before I went to bed," Tambre remembers. "Then I'd wake up the next morning and all the food would be gone."

Daddy, it turns out, used violence when necessary, but most times just raided the kitchen after midnight and sold everything — even frozen meat — to the neighbor-



Even though they're older now, it's still hard for Tambre's children to understand why their father was taking groceries and exchanging them for drugs.

hood drug dealers. "It was horrible," she recalls.

Because this man had made threats against her and her kids, Tambre was afraid to leave. But she was also afraid because her children were desperately hungry.

So day after day, she'd walk from one church to another, pleading for food. At times, when she couldn't find anything, she'd call her mom, crying.

"I can't do this anymore," she would tell her mother. That's when Tambre's mom would bring over some spaghetti or another small meal — too small to be sold for drugs. Yet there were times when Tambre's kids'

*"Daddy was stealing food in the middle of the night ... and then exchanging it for drugs."*

**Every night, 1 in 10 Minnesota residents goes to bed hungry.\***

\*SOURCE: Legal Services Advocacy Project, Feb. '07

# THE *Heart* OF THE MATTER

A MESSAGE FROM KEN PETERSON, EXECUTIVE DIRECTOR



**Think you've got it tough? Meet Steve...**

I had just finished Thanksgiving dinner at the Mission when I spotted Steve sitting off in the corner, all by himself.

Believing nobody should be alone during the holidays, I picked up my plate of pumpkin pie and plopped down next to Steve, hoping to strike up a conversation.

It didn't take much.

"I've been staying at the Mission for a few months while I try to get on my feet. I'm glad to have a place to call home. The Mission is my family, it gives me a place to belong," Steve explained. "I'm 46, my mother and father are both dead, and I don't have another living relative on the face of the earth."

That's when it hit me. In a few minutes, I planned to head home to celebrate Thanksgiving

*In a few minutes, I planned to head home to celebrate Thanksgiving with 14 family members. But Steve had nobody.*

with 14 family members. But Steve had nobody. If not for the Mission, he would be all alone.

This fall, the Mission is expecting record crowds of hungry people in the days leading up to Thanksgiving. And it's

not just the poor. More and more we're seeing middle-class families unable to make ends meet.

I know times are tough for all of us. But for these families, times are tougher. There's nowhere in their budget they can cut back. They've already skimped as much as they possibly can.

Please help me demonstrate God's love to them this holiday season and throughout the year. I just know the people we serve will be so grateful. So will I. God bless you!

*Ken Peterson*

# Why you'll never find a "CLOSED" sign hanging outside our kitchen

**Holiday meals are just too important, especially this year**

Liz Charbonneau has one simple rule when it comes to preparing Thanksgiving dinner for thousands of homeless and needy people in the Twin Cities.

"We can never close our doors to people who are hungry," says Charbonneau, the General Manager for Food Services at the Mission.

Charbonneau, who comes from a long line of chefs, admits it was a challenge joining the Mission staff a couple weeks before Thanksgiving last year. This year may prove to be even more of a challenge, though, with a lot more hungry people expected to ask for help because of rising food prices and the local housing crisis.

"I'm hoping not to run out of food, but things can change so drastically, you can never tell," Charbonneau admits.

She and her crew certainly have their work cut out for them.

Preparations for Thanksgiving begin about two weeks in advance, when the first

of 175 turkeys go into the oven. After that, the rest of the fixin's for a traditional Thanksgiving dinner — gravy, cranberry sauce, vegetables, rolls, and even pumpkin pies — are all cooked and prepared at carefully planned intervals leading up to the big day.

And although Charbonneau is reluctant to reveal any secrets to her carefully prepared Thanksgiving

*"I'm hoping not to run out of food, but things can change so drastically, you can never tell."*

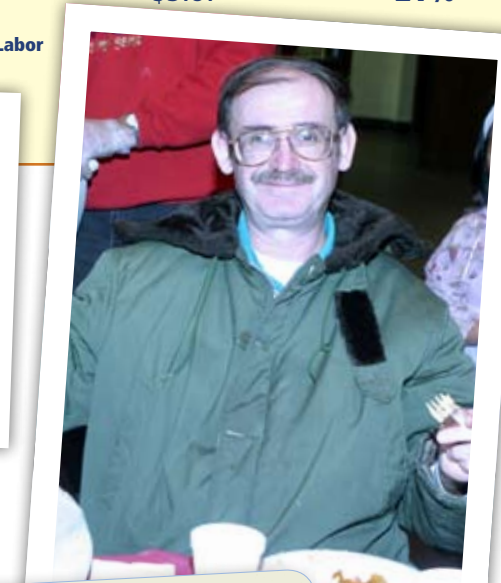
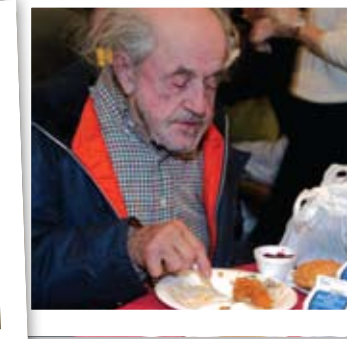
meal, there is one secret ingredient she let slip — her gravy is flavored with apple cider.

"I'm not saying anything else," she laughs.

She doesn't have to. With thousands of food baskets and hot meals to prepare, who's got time for idle chit chat?



Food Services General Manager Liz Charbonneau reviews plans for the big Thanksgiving meal with Tommy Haselden, our kitchen manager.



## When you can't even afford breakfast

Chef Liz Charbonneau sees hundreds of men come through the food line every holiday season.

Still, there are those she just can't get out of her mind ... like Edwin.

One morning, Liz was headed out to her car when she ran into Edwin just outside the back door. When she asked him what was wrong, Edwin said he was hungry, but couldn't even afford breakfast.

He explained that he had been working different jobs in the Twin Cities, but nothing steady. He said he felt bad having to go to a soup kitchen, but there was simply no other choice.

"I gave him a big breakfast that day," Liz says, and told him "Come back anytime. You're always welcome here."

*This Thanksgiving season, hundreds of hungry, hurting people will come to the Mission for a hot meal — and a few words of encouragement. You can provide both — and give people like Edwin the chance to make a fresh start — by giving a generous gift to Union Gospel Mission this holiday season.*

*Please think of your neighbors in need this Thanksgiving, then send a gift to help ease their suffering. Thank you, and God bless you!*



Thanksgiving is our busiest time of year when our kitchen gets extra-crowded.

## We're paying HOW MUCH???

GROCERIES	PRICE/2006	PRICE/2008	% CHANGE
 White bread (1 lb.)	\$1.05	\$1.28	22%
 Eggs (dozen)	\$1.45	\$2.18	54%
 Apples (1 lb.)	\$0.96	\$1.16	21%
 Flour (1 lb.)	\$0.33	\$0.42	27%
 Whole chicken (lb.)	\$1.06	\$1.16	9%
 Whole milk (gal.)	\$3.20	\$3.87	21%

\* National averages reported by Dept. of Labor

### Savory Herb Turkey Gravy

(Serves 500+)

#### INGREDIENTS:

- 25 gallons turkey stock
- 1-2 pounds turkey or chicken bouillon
- 1 gallon apple cider
- 15-20 bay leaves
- ¼ cup black or white pepper
- 1 cup garlic powder or granulated garlic
- ½ cup poultry seasoning
- 1 quart Worcestershire sauce
- 8-10 pounds butter or margarine
- 10 pounds all-purpose flour

#### DIRECTIONS:

Add the first 8 ingredients together in a 50-gallon commercial kettle. Heat until liquid comes to a rapid boil. After liquid begins to boil, turn heat down to medium low. Simmer for 2 hours. While liquid is simmering, take another large pot and melt butter thoroughly. Slowly add flour, stirring constantly until thickened. Remove bay leaves from liquid and then begin adding the butter/flour mixture slowly to the liquid. Do not over-thicken sauce.

*I LOVE making this!*

**"The prices (of food) are going up so fast people aren't sure what to do next."**

— Marcia Mogelonsky, analyst  
Mintel International, a consumer research firm

