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Rotary
Oct 23 Issue 16

**THE
BUG
THAT
ATE
BEV!
YOU
WON'T
EVER
SLEEP
WWWWWWW**

Oct 23
Remembrance Day
Past members recognition

Oct 30
Susan Ring
Northeast ARC, BOO!

Nov 6
Gwen and Celia
information talks

THIS WAS THE DAY THAT ENGULFED
THE WORLD IN INSURANCE!



The world will be
mine to insure!!!!!!

New Sample

New ballroom
being installed
around here
somewhere

THE
DEADLY

MOONEY

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around insurance bugs... I only like
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dollars
basically
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LEADING EDGE
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Last week at Beverly Rotary

Recap of Food project

The 3-5 team worked like a machine. So glad we were able to help out. Rick and I ended the shift on KP washing perhaps 30 pots and assorted cooking implements. The downside for me was the "fragrance" of Mexican food hung on my 3 layers of shirts. You know the old saying "can't stand the fragrance move out of the kitchen. Great service project! - Virginia

Brenda Mattos here. Thank you for coming to help us. We are a group run entirely by volunteers. Our workdays are a huge undertaking, what you witnessed yesterday happens 51 weeks a year. We do this because we love it and are a bit insane. Well I guess I should reword that, I am the insane one. As most of you may have summarized yesterday, my menu changes daily, sometimes 2 or 3 times a day until we get to Thursday. And as you may have noticed yesterday, the unexpected 4 bushels of donated corn had us changing it again midway through our morning, I like to say we are fluid, we adapt.

As meal provider's, like to serve something healthy, filling and delicious. We at ESF, are creative so our diners get the best we can provide them with what is on-hand, what we are receiving as donations and what additional items we need to buy. It is truly amazing what we can accomplish out of our itty bitty pantry. We try very hard to not offer the community meal go to, pasta and sauce but if we ever go that route, its dressed up pretty fancy.

I am so very grateful for the following supporters, who also happen to be Rotarians:

Linda Turcotte who houses our 2 offsite freezers so we can collect Olive Garden donations and purchase protein on sale.

Lorinda Visnick who receives items shipped to us, stores these items in her basement and brings us items we need on a weekly basis.

Paul Guanci who donates many things to us weekly.

Without this support we could not serve the amount of people we serve weekly and stay with in budget. Food insecurity is really a thing and without my volunteers we could not serve our homebound disabled/elderly to help them stretch the capped \$17.00 snap (foodstamp) benefit they receive monthly. We know we are providing a very much needed service and that knowledge passionately drives us in all that we do.

I apologize for the chaos. The curveballs come through out the day and we just come up with a plan on the spot. I truly enjoy the menu planning, I do not mind the changes and my favorite

part of what I do is filling bellies with yumminess I create. That is what my culture is all about.

We served our diners a fabulous soup that incorporated corn from that donation along with other donations, we spent \$0 on the soup. Well... I consider spices pantry staples so I never include them in our \$\$ for the meal. Anything we serve, we try to give out the leftovers but if there is anything leftover after handing out leftovers that I can incorporate into my future meals it gets frozen. So yesterday's soup was donated bacon, donated veggies that came from Greater Beverly Food Diversion Program, donated quinoa from Organic Cafe and corn from the American Legions booth at the Topsfield fair. The broth was made from hambones I had frozen from a previous ham meal. So soup cost \$0, some of your Rotarian volunteers tasted it and gave us a thumbs up.

Our diners got mexican seasoned rice. All rice Seasonings came from Green Beverly Food diversion program. Corn on the cob that was donated by the American Legion in Middleton. We decided to make mexican lasagna because we received a case of spinach wraps from our Stop & Shop donation. We prepared for 100 people, we served 96. And today's win.. we served 100 people at \$1.06 a serving!!! Yup, ESF spent \$106.00 to make that entire meal. So \$49.75 of that was spent on Chicken. All we purchased was cheese, sour cream, Salsa and a 10lb bag of rice.

And that is how we do it.

Thanks for the many hands, the much needed help, thanks for helping us with fluidity amongst the chaos. Cutting corn was not even in the plan when we were told 2 bushels of corn would be coming. Some how those 2 bushels multiplied into 4 and we just could not throw corn away. The bagged up corn we froze that was cut off the cob will be used in 2 weeks for our Asian dinner where we are going to incorporate it into an instapot fried rice. My goal is to spend under \$70 for that meal from soup to side to main course. Im pretty confident that I can do it. ;)

So im just thinking... maybe your group comes again next year the Thursday after Topsfield fair.. we need the Corn help!!!

Thanks to all our Rotary Volunteers:
Prep and cooking - Connor, Ellen Handly, Diane Howard, Dave Olson, Maureen Trefry, and Andrea LeBlanc
Package and portion - Virginia Jones, Rick Mooney, JoAnna Mooney, and Gail Goldstien
Serve and clean up - Kyle Marsh, Tim Flaherty, Keisi Mittraku, and Bailey Bishop

It's always good to give back isn't it?



Dear Connor,
Not insurance related but wanted your opinion, other day walking down Cabot Street and some teens came up to me and said 6...7... Is this some kind of teenager code? Let me know.
Perplexed on Pine Street

Dear Perplexed,
Well it could be a math quiz looking for Prime numbers which is 67. 6...7... maybe means nothing, or could mean everything. I guess you would have to get inside a 12-14 year old mind, and no way I'm going there. Personally I prefer another 60's number, but this is a family newsletter. Of course I refer to 65 which is retirement age for most. WHAT!, you were thinking something else.... oh behave!!!!
Thanks - Nobody backs Connor into a corner except Connor!

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