



Winter 2005 NEWS

“The underlying premise of Bean’s Café is a deep belief in the inherent dignity of every person, a belief that people respond with kindness when treated kindly, with trust when trusted, and respectfully when respected.”

Copied from the original proposal to organize Bean’s Café - 1979

**Cafe
Wish List
Toilet Paper**

**Sandwich
Bags**

**Multi
vitamins**

**Tooth-
brushes &
Paste**



A Change of Plans



As we mentioned in our last newsletter, we are creating a Street Newspaper here at Bean’s Café. In preparing for this major program, we must first lay some groundwork. We are first going to create a speaker’s bureau to prepare our community members for self-advocacy. Since our goal is for the homeless community to write and produce the news articles, our first major hurdle is to empower our community to speak on their own behalf.

As many of you know, we have many beautiful people down here at Bean’s Café with powerful stories to tell. It is our goal to spread the knowledge that while someone might be homeless for a week or a year, they are still human and they are still a vital part of our community.

We plan to schedule presentations at churches, school classrooms and other events. If you would like us to come by and speak about what it means to be homeless, please contact Brian in the Social Services office at 274-9595.

We have also made contact with a local Anchorage artist, Tracey Pilch, who is organizing a poetry collection in collaboration with Bean’s Café Social Services. Members of the homeless community are invited to submit poems by October 12th. Poems may be written in any style, any length, to reflect the honesty and integrity of the poetic process.

Compassionate toward the homeless, Pilch, who designed a mural for the Mountain View neighborhood earlier this summer (where several homeless families participated in the painting) reflecting hope, unity and diversity; the mural hangs on Mountain View Drive. “As an artist, my purpose is to encourage creative expression. My goal on the mural and on this book is to open a door for that expression. To reflect on the light that lives within us all, despite life’s hardships. I’m excited to see so many creative people share the beauty in their hearts.”

“Society has many misperceptions about the homeless as well as artists. We share a common thread. We often live with uncertainty, economic challenges and a desire to belong and be understood.” Poems may be dropped off at Bean’s Social Services office. We are also seeking a cover design to reflect the theme of the book: “Where Light Lives.”

~Brian Anderson~

I am from the war baby boom of the 1940's. Growing up in a family of eight children and a single income family, I felt if I was ever in the position of helping people overcome poverty, I would.

In 1989 I was invited to Bean's Café for their annual Christmas dinner event. I expected to see a lot of intoxicated people. I was in awe when I saw children and a lot of people just needing a helping hand. At first I would just go down to Bean's around Christmas and hand out a little money. This made me feel good inside and probably made me shed some of my real responsibility of "giving back to the community." In the following years I continued the same routine.

In late 1997 I had the pleasure of being introduced to Jacque Evans, fellow board member, thru a mutual charity organization we belonged to. Every year she would sell tickets to "Beans and Jeans." After attending this event a few times I started to realize the tremendous need for help in operating Bean's Café.

We at Bean's Café would like to take the opportunity to thank all of the people helping out in New Orleans and Texas. This is showing the great compassion of the American people. However, this is depleting the local giving by corporations and individuals in Alaska. Any donation, monetary or in kind, will help Bean's Café serving those needing it most. *Please help the children and the homeless with a good, healthy meal.*

Bean's Café has had to change with the changing environment. Since its incorporation February 1979, the primary focus has been to provide hot, nutritious food to Anchorage's poorest. In order to feed people, many things have to happen. A kitchen has to exist, food needs to be available and a menu is needed. Volunteers are needed to make the Café run and without them we could not operate.

It started us thinking that if the Café was providing hot, nutritious meals to the poor, maybe the kitchen volunteers could be trained in cooking and be provided a life skill to succeed in life. Bean's Café has had over 1,250 different people volunteer in the kitchen and it is quite an impressive work force.

Bean's Café staff has trained these volunteers in the areas of dishwashing, prep work in the kitchen, inventory work, etc. By our last count over 20 workers now have full-time employment in Anchorage. We plan to put more emphasis on training our volunteers so they can meet the employment needs of our community.

Resource Fair

On September 21st Bean's Café ran a social service resource fair. Individuals at Bean's learned about and reestablished contacts with social service agencies serving healthcare, financial, treatment and housing needs. Likewise, it gave these agencies the opportunity to do outreach to the homeless population. Clients lined up at tables for free giveaways such as the Anchorage Neighborhood Health Clinic's healthcare kits. They also received free literature. A representative from Alcoholic Anonymous commented in the midst of the fair, "The literature is going well. A lot of people are picking up what they need and that's a good thing." Clients also engaged with the agencies by asking probing questions, such as one who asked a representative from Credit Support Services, "Why should you budget if you don't have any money?"

My experiences working at Bean's these past two months have been challenging and remarkably unforgettable. Seeing the day-to-day struggles of people experiencing homelessness makes me realize how small a role I can play in easing some of their burdens. Above all, I am grateful for the appreciation and patience they have shown me as I learn to better serve their needs.

~Mary Hegel~

Welcome to Linda Cheney

My name is Linda Cheney—a lifetime Alaskan, I bring my education, training, and experience in nursing, paralegal work, and business to my professional social work role of resource developer as a masters level social work intern at Bean's Café for the academic year.

I am here to support the mission of Bean's Café through relationship building between clients, staff, and the community in an effort to increase awareness of the services Bean's Café provides to the community and to solicit in-kind donations of personal care items to help meet the immediate basic needs of the people served.

Thank you for this opportunity to introduce myself and for welcoming me to Bean's Café.

~ Linda Cheney, PN, MBA, MSW Student Intern~

HOLIDAY BEANIE BOXES



On December 21st, our Day of Sorrow/Day of Joy, Bean's Café will distribute festively decorated shoebox gifts (or backpacks as part of our recycling program) to the homeless and guests of Bean's. If you would like to participate, please gift wrap a shoebox, lid and bottom separately (this helps Bean's staff keep the contents equitable). Fill with appropriate items then label for a MAN or WOMAN.



Suggested Shoebox or Backpack Items:

Socks, Gloves, Knit Hats, Toothbrushes, Toothpaste, Shampoo, Soap, Lotions, Hairbrush or Combs, Nail Clippers, Razors, Deck of Cards, Hair Clips or Scrunchies, Candy, Cosmetic Bags or Shaving Kits... (please no mouthwash, hairspray, perfume or money).

The shoeboxes/backpacks can be dropped off until December 19th at Bean's Cafe. For more information please contact Janet Long at 646-7828.

Sock Recycling Project



This is a great opportunity for a community project that will add to many individual's health and comfort over our very long winter. Beginning October 1st, everyday at 2:00 PM our guests can bring in their old socks and exchange them for DRY, CLEAN SOCKS. Thanks to Mayfield's Quality Cleaners for donating weekly laundry service. For more information call Social Services at 274-9595.

Great Alaskan Wipe Out



Bean's Café uses 50 rolls of toilet paper daily and annually 18,250 rolls. The TP is rationed to the clients: 8 to 9 sheets are bundled together for the client's use.

This is a great project for schools, churches, military and Girl Scout troops. It's a fun and inexpensive fundraiser that everyone can participate in. For more information please contact Sharron Jordon or Kathi Adkins at 274-9595.



Bean-A-Fits!

Looking for something different for a gathering, meeting or lunch? Bean-A-Fits are a great way for business organizations, churches and individuals to get people together, have some super soup, corn bread and good company while raising money for Bean's Cafe. We would like to encourage as many groups as possible to host a Bean-A-Fit as this summer starts to fade and the idea of warm, comforting soup starts sounding like a great idea! Bean soup packages are available for sale individually at Alaska Sausage & Seafood, 2914 Arctic Blvd., or at Bean's Cafe for \$5. For more information call Sharron Jordon or Kathi Adkins at 274-9595.



Soup Descriptions

Gift Giving Ideas

Alaska 3 Bean & Reindeer Sausage: Filled with black, white, and red beans, reindeer sausage, vegetables, and various spices. This soup offers a rich and unique Alaskan flavor - one of our most popular soups.

Black Bean and Cranberry: Ingredients include black beans and cranberries, a touch of cilantro, and peanut oil. Vegetables include carrots and green peppers. Serve hot with corn or flour tortillas.

Bob's Green Chile Stew: Chili lover's delight. Hearty and smoky. Compare it to your favorite recipe and be prepared to be surprised.

Cajun Red Bean: This soup can be served by itself or over rice for a better carbohydrate/protein mix. Like all Cajun food, cayenne pepper is a must. Makes a SPICY-HOT clear broth style.

Calypso Bean: Rich and hearty—thick and dark—this soup is made of stew meat, ham hocks, and red potatoes and a whole lot of onions . . . back for seconds.

From the Heartland Bean: The perfect blend of sausage, ham and vegetables places this tantalizing and intriguing mixture in 1st place. It is mild for those with sensitive stomachs. Only the cook knows the secret ingredient that makes it so unique.

New Orleans Style Bean: This could be one spicy soup! Add tobasco and jalapeno to taste, but be careful. If you love eating Southern food, you'll love this soup. Ideal for split-pee connoisseurs.

Spanish Bean Stew: Want a taste of Spain, this is the soup. A blend of bacon, ham hocks, spicy pork sausage and spices creates a flavorful meal

Spicy Middle Eastern: Lamb lovers delight! In both lamb and vegetarian version, this soup offers fascinating flavor that is only found in Middle Eastern spice mixtures that include curry and cayenne. But it is not as spicy as you might think.

Vegetarian Bean: The ultimate vegetarian soup served at the Empty Bowl Project. Rich, thick, full-bodied vegetables and spices can be altered to fit individual taste buds. It's great with chicken, seafood, pork, beef, or lamb.

Black Bean and Corn Chili: Black beans, audouille sausage, pasilla peppers and fresh cilantro make an absolute delightful soup, serve with tortillas and grated cheddar or jack cheese.

White Bean and Pancetta: Featuring white beans, pancetta, roasted yellow peppers and portabella mushrooms you can easily taste why this took first place honors.

Vegetarian Five Bean Soup: Another delicious vegetarian soup. A combination of 5 different beans, tomatoes, onions, celery, corn, garlic, cumin, and other spices creates a hearty and colorful soup, plus it is easy to make.

Spicy Seven Bean: Want a soup with a kick? This soup will do the trick. Anaheim chili peppers, onions, green peppers, garlic, red pepper flakes and fresh cilantro offer a zesty flavor.

Tomato Parmesan with White Bean: This delicious creamy tomato and parmesan soup, with white beans, fresh garlic, thyme, oregano and basil, is good to the last drop. It is a mild soup that is very filling on a cold day.

Spicy Black Bean & Tomato Soup: The perfect blend of black beans, tomatoes, bacon, portabella mushrooms, chopped garlic, thyme and basil offers a tangy soup with a kick. A flavorful soup that has you coming back for more.

Cafe Manager Update

In my first two months with Bean's Cafe, I have worked with the Food Bank of Alaska on improving the variety of food for Kid's Cafe. We are trying to give the kids a more kid-friendly menu. I'm currently working on a catering menu to offer people that want to have a luncheon or dinner party; we have served a few parties to date and have received good feedback. If you are interested in having Bean's Cafe cater your next event, please call Ron Sabado at 274-9595 or email at bigbean@gci.net.

Bean's Cafe is pleased to announce that we will be implementing a salad bar for everyone in the community within the next thirty days.

~Ron Sabado~

In Memoriam 2005



During the past year we here at Bean's have said a final goodbye to friends at the Café. We will publicly remember these friends and others who have died in previous years at a CANDLELIGHT CEREMONY ON TUESDAY, December 21st. Please join us at 10:00 a.m. as we remember those who have died.

Since 1990, the National Coalition for the Homeless (NCH) has sponsored National Homeless Persons' Memorial Day on or near the first day of winter to bring attention to the tragedy of homelessness, and to remember our homeless friends who have paid the ultimate price for our nation's failure to address the issue.

In an effort to maximize the impact of the day, the NCH has encouraged state and local groups to join in the effort. Hence, each year since its inception, NCH has been joined by state and local groups across the nation in holding special events to honor those who have died, and to recommit ourselves to the task of ending homelessness.

This list was compiled on October 10, 2005. Before the end of 2005, this list will grow. Bean's candle lighting vigil is for our community to remember those whom they have loved and lost. All are welcome.



| | |
|--------------------------|--------------------------|
| <i>Ernesto Hernandez</i> | <i>Joe Ingham</i> |
| <i>John Yatchmanoff</i> | <i>Jackie Carlos</i> |
| <i>Janet Hopson</i> | <i>Jay Kohler</i> |
| <i>Darlene Alexie</i> | <i>Clayton Hill</i> |
| <i>Roger Corey</i> | <i>Donald Melgreen</i> |
| <i>James Bodnard</i> | <i>Scott Olsen</i> |
| <i>Terry Matthewson</i> | <i>Harold Gene</i> |
| <i>Walter Harper</i> | <i>Tom Maillelle</i> |
| <i>Jack Curtis</i> | <i>Nick Alpiak</i> |
| <i>Floyd Glass</i> | <i>Clifford Oquilluk</i> |
| <i>Susan Charliaga</i> | <i>Della Katchatag</i> |
| <i>Lawrence Chiklak</i> | <i>Ken Foster</i> |
| <i>Richard Jones</i> | <i>Clifford Black</i> |
| <i>Diane Harewood</i> | <i>James Qualls</i> |
| <i>Mary Toms</i> | |

Allowing Our Lives To Be Touched

Working at Bean's Café has helped me to understand something that was said to me many years ago by a friend: Life is about touching people's lives and letting their life touch ours.

Sometimes touching another's life is about being able to provide our clients with a hot, nourishing meal. Sometimes it's about giving shelter from the elements, whether it be shelter from climate or certain untoward situations. Sometimes it's about giving information that helps the individual make a choice that moves his or her life in a direction that truly serves them and helps them be better. Sometimes it's about giving the minimum courtesy and respect of saying "Good morning," "Thank you," and "Please."

Letting our clients' lives touch our own often is about letting folks give the only things they have to give in that moment — kindness, laughter, or the offer of volunteer help from a client when there are not enough hands to go around. More often, though, allowing our lives to be touched involves just "seeing" the folks receiving our services and not averting our eyes to their distress at being on the receiving end of aid.

As the holidays and celebrations with family and friends approach, I am reminded clearly of how our work at Bean's Café touches the lives of so many people in our community. I am also reminded to be grateful for the gifts I receive from opening my heart and allowing their lives to touch my own. ~Linda Solomon, Event Coordinator~



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If you would like to be removed from the mailing list, please contact Kathi at 274-9595 or ohbeans@gci.net



Bean's Cafe Board of Directors

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|------------------|----------------------|
| Chairperson | Leslie Ellis |
| Vice-Chairperson | Steve Williams |
| Secretary | Kathleen Gray-Warren |
| Treasurer | Bernie Washington |

| | |
|------------------|----------------|
| Jacqueline Evans | Greg Cooke |
| George Laurito | Bill Parker |
| Duane Nystedt | Dianne Tarrent |
| | Bradley Owens |

The Staff at Bean's Cafe

| | |
|--------------------------|-------------------|
| Executive Director | James Crockett |
| Director of Development | Sharron Jordon |
| Executive Chef | Ron Sabado |
| Operations Manager | Kathi Adkins |
| Social Services Director | Brian Anderson |
| Jesuit Volunteer | Mary Hegel |
| Event Coordinator | Linda Solomon |
| Asst. Cafe Manager | Grady LeBlanc |
| Stock Controller | |
| Kids Cafe Chef | Esther Friemering |
| Cook | Anthony Eldridge |
| Cook | Wayne Russ |
| Driver | Augusto Hernandez |
| Driver | Sam Komakhak |
| Monitor | Harry Hurley |
| Monitor | Buddy TumSuden |

Events & Projects

Thanksgiving Dinner
 1pm-3pm, November 24th

Candlelight Vigil
 10 am, December 21st

Holiday Dinner
 1pm-3pm, December 25th

"Best of the Beans"
Soup Contest
 11:30am-1:30pm, January 16

16th Annual Health Fair
 February (TBA) Need volunteers

12th Annual Empty Bowl Project
 March 4th at the Egan Center

Start the Cooking Pot



We are looking for a few good soups! Bean soup recipes (vegetarian and meat) are needed for our 2006 soup contest. The top soup(s) will be featured at The Empty Bowl Project, March 4, 2006. Last year was a lot of fun, the chefs were amazing and the soups delicious. Anyone interested in presenting a soup recipe please RSVP ASAP to Ron Sabado at 274-9595 or bigbean@gci.net. Competitive soup space is limited.

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Thank you Alyeska Pipeline Service Company for printing this newsletter. Your generous donation allows us to keep our donors and friends informed of our activities, and gives us the opportunity to say thank you to our community for their support. Thank you, Alyeska for keeping us in print.