

**ALAMEDA COUNTY
MEALS ON WHEELS**

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Incorporated under the laws of the
State of California as a nonpro t,
tax exempt organization
Tax ID #94-2651065



ALAMEDA COUNTY
Meals on Wheels

**MEALS ON WHEELS
PROGRAMS INFORMATION**

Bay Area Community Services
510-986-8916
Serving Oakland & Piedmont

**Service Opportunities
for Seniors (SOS)**
510-582-1263
Serving Hayward, San Leandro,
San Lorenzo & Castro Valley

Spectrum Community Services
510-881-0300
Serving Dublin, Livermore,
Pleasanton & Sunol

Tri-City Meals on Wheels
510-981-5250
Serving Berkeley, Albany & Emeryville

Life ElderCare
510-574-2092
Serving Fremont, Newark & Union City

Alameda Meals on Wheels
510-865-6131
Serving the City of Alameda

BOARD OF DIRECTORS

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ALAMEDA COUNTY
Meals on Wheels



Food for Thought

NUMBER 21

CARE FOR THE HOMEBOUND

SPRING 2009



ALAMEDA COUNTY
Meals on Wheels

Help us Go Green and save postage
& paper! Sign up to receive our
communications via e-mail.
Send a request to
kathy@feedingseniors.org

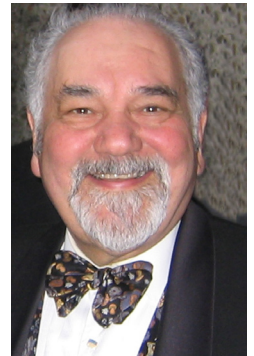
This year we have an
online auction featuring
great wine, restaurants,
and other exciting items!
Check it out and bid
starting April 15 at
www.feedingseniors.org

FIVE STAR NIGHT

Join us May 1, 2009 for our 22nd annual Five Star Night! Chef Narsai David is your guide for our signature event, an evening of fabulous food prepared by chefs representing the Bay Area's finest restaurants, great wine, and entertainment, all to benefit Alameda County Meals on Wheels. The evening begins at 6:30 with hors d'oeuvres, wine and a silent auction, followed by an unforgettable meal, a live auction featuring tickets to a taping of *Dancing the Stars* and other great items, and new this year, a salsa dance performance and lesson to get everyone up and dancing the night away.

The featured restaurants at Five Star Night are:

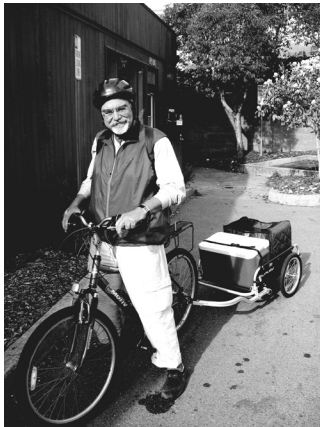
Bakesale Bakery Bay Wolf Brown Sugar Kitchen Citron Eccolo Flora
Grace Street Catering La Farine Lylas Chocolates Marica Seafood
Market Hall Bakery Mua Picante Sea Salt Soizic



For information and tickets, visit www.feedingseniors.org and click on Five Star Night.

MEALS ON TWO WHEELS by Stratis Rozakeas

As a volunteer for Tri-Cities Meals on Wheels, Gordon Waugh delivers tasty and nutritious meals to seniors who are unable to purchase or prepare their own meals. In his fifth consecutive year at Tri-Cities, Gordon is one of many other dedicated and caring volunteers who provide a much needed and valued service for Berkeley's homebound senior citizens.



What sets Gordon apart is his innovative approach: instead of using a car, he delivers the meals with his bicycle. He attached a light aluminum attached cargo bike trailer which is large enough to accommodate a cooler for cold meals and a thermal bag for hot meals. The combined trailer, transport bags and 14 meals that he delivers to his regular clients once a week may weigh between 75 and 100 pounds. Gordon appreciates the physical exercise during his 3-4 mile bike route delivery and the other benefits associated with cycling; it's quicker and more convenient without the need to look and pay for parking, and saves on fuel costs. At 68 years of age, the semi-retired computer designer maintains an active and healthy lifestyle, not to mention a bright and positive outlook on life.

When asked why he chose to start delivering by bike, Gordon responded, "It's a workout- fun and energizing. And I have enjoyed cycling for most of my life. Plus, it saves on gas and is good for the environment. Gordon's concern for the world around him is displayed in his care for the clients that he serves, and in his environmentally conscious ethos."

Bike delivery is the direction many Meals on Wheels programs are taking. The Meals on Two Wheels program in Austin Texas, which kicked off in September 2008, is so successful that it has 12 established bike-safe routes and is seeking more volunteers. Vancouver's Meals on Bikes program is saving thousands of dollars a year by avoiding volunteer reimbursement costs for gas. Portland, Oregon also has a successful Meals on Bike Wheels program. In Frankston Australia, Meals on Wheels were originally delivered by bicycle, and the trend is re-emerging.

Gordon's approach reflects Berkeley's passion for the environment and Meals on Wheels' passion for serving the clients and volunteers in a holistic way. His commitment to sustainability not only benefits the senior members in our community, but our environment as well.

Five Star Night Menu

A sneak preview of the spectacular meal that awaits you at Five Star Night!

Hors d'oeuvres

*Liberty Ranch Duck Liver Flan Crostini
with Pickled Onion and Cornichon*

BAY WOLF

Lobster Bisque "Shooter" with Chive-Crème Fraiche

CITRON

*Sardinian Carta di Musica Flatbread with
Fresh Ricotta, Fava Beans and Housemade Prosciutto*

ECCOLO

*Buttermilk Corncake with Shrimp, Chipotle Butter
and Lobster Reduction*

MARICA

*Pork Belly Rilette on Crostini with White Beans
Salsa Verde and Watercress*

FLORA

*Mini Fish Tacos Yucatecan-Style with Achiote Rub
and Fresh Fruit Salsa*

*Mini Sopos Puebla-Style with Mushrooms, Epazote,
Serrano Chile and Cream*

*Mini Tostadas Michoacan-Style with Carnitas,
Refried Beans and Guacamole*

PICANTE

First Course

*Housecured Salt Cod Croquettes with
Radish and Lemon Served with Black Garlic Aioli*

SEA SALT

Second Course

*Cornmeal Crepes Stuffed with Smoked,
Pulled BBQ Duck Leg Served with Mango Slaw*

BROWN SUGAR KITCHEN

Third Course

*Hoisin and Lemongrass-Braised Beef Short Ribs
Served with Bok Choy and Jasmine Rice*

MUA

Dessert Buffet

Mini Lemon Bars and Chocolate Chip Cookies

BAKESALE BETTY

Pistachio Macarons and Chocolate-Dipped Strawberries

GRACE STREET CATERING

Fresh Fruit "Boats"

LA FARINE

Assorted Chocolate Truffles

Dark and Milk Chocolate Villetes

LYLA'S CHOCOLATES

Almond Ricciarelli

Petite "Opera Cake" Squares

MARKET HALL BAKERY

Ginger Custard Garnished with Poached Pear

Served in Demitasse Cups

SOIZIC

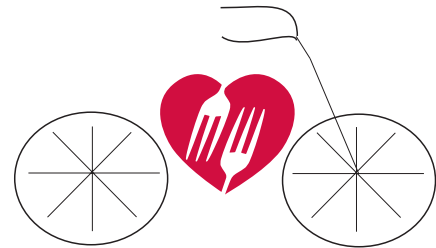
FIJIfiWater is a proud supporter of Alameda County Meals on Wheels. In addition to supporting Five Star Night annually, FIJI Water ran a promotion during the month of October to benefit four California Meals on Wheels chapters. We were delighted to be one of them. The company donated 5% of all FIJI Water sales from participating California retailers and restaurants and Alameda County Meals on Wheels received \$5,500 from this campaign.

FIJI Water wholeheartedly supports giving back and we believe it is our responsibility to help support charitable organizations such as Meals-on-Wheels, said Rob Cue, FIJI Water Division general manager for California. Through this partnership FIJI Water is committed to helping end hunger.

We are excited about this new partnership with FIJI Water and are grateful for all they have done to benefit Alameda County Meals on Wheels. We'll drink to that.

FIJI
WATER

SAVE THE DATE



ALAMEDA COUNTY

Meals on Wheels

Wheels for Meals Ride 2009

A bike ride to raise funds and awareness

Saturday, October 17, 2009

Join us for this new and healthy event to raise funds, and fun, for Meals on Wheels. We have something for everyone - from a family fun ride to a half century! This will be a fully supported ride with rest stops stocked with water, fruit, and snacks. Support and gear vehicles will travel the course to assist riders with mechanical problems and transportation as needed. The ride ends with a celebratory barbecue luncheon and commemorative t-shirt for participants!

To ride, be a sponsor, or volunteer go to

www.wheelsformealsride.com

Hope to see you there!

