

# FOOD for THOUGHT

NUMBER 23

CARE FOR THE HOMEBOUND

SPRING 2010



ALAMEDA COUNTY  
Meals on Wheels

## In This Issue

- Five Star Night.....1
- Birdies for Charity.....1
- A Volunteer's Story.....2
- Wheels for Meals Ride.....3



## FIVE STAR NIGHT

April 23<sup>rd</sup> will be an evening to remember. The best and brightest of East Bay Chefs are coming together for one night only to create an amazing meal you won't soon forget. As you look out at the beautiful views, sipping wine and enjoying great hors d'oeuvres, you will be tempted by our auction items. After bids are placed, you are escorted to an impeccable four course dinner with celebrity chef Narsai David as host. Dancing until the evening's close, you will head home knowing that on top of having a memorable Friday night, you and every guest there has helped local seniors stay healthy and happy in their homes. And for that, we are truly grateful.

Thank you to the restaurants generously supporting us this year.

Adesso/Dopo ★ Bakesale Betty ★ Baywolf ★ Bocanova  
Citron ★ Grace Street Catering ★ La Farine ★ Lalime's ★ Market Hall Bakery  
Marzano/Garibaldi's ★ Mua ★ Pican ★ Picante

For information and tickets, visit [www.feedingseniors.org](http://www.feedingseniors.org) and click on Five Star Night

## ALAMEDA HIGH SCHOOL GOLFER HELPS ACMOW WIN \$4000



From left: Executive Director Cindy Houts, Notah Begay, Samantha Esguerra, Ricky Barnes, and Ace Esguerra

The Birdies for Charity Shoot-out is a program of the AT&T Pebble Beach National Pro-Am where proceeds are disbursed to local and regional charities. On January 23, 2010, the Birdies for Charities Shoot-out Qualifier was held. 59 charities participated by sending one non-professional golfer to hit two shots to get closest to the first hole at the Peter Hay Golf Course in Pebble Beach. Representing Alameda County Meals on Wheels was Samantha Esguerra, Alameda High School junior and member of the Hornets Women's Golf team, who took third place. The top four teams moved on to the Charity Shoot-out. "It felt great to use my talent to help Meals on Wheels", said Samantha. "I didn't even know about Meals on Wheels before this. I'm glad I know about it now. It's really important."

On February 9, 2010, the four top qualifying charities chose from the four Professional teams scheduled to play to represent them in the Charity Shoot-Out. The amateur golfers representing the charities did not play in the Charity Shoot-Out, but had the opportunity to meet the Professional teams and accompany the teams "inside the ropes" as the team's leaderboard carrier. Alameda County Meals on Wheels was represented by pros Notah Begay and Ricky Barnes who won the skin on the first hole, worth \$4,000 for Alameda County Meals on Wheels.

## Five Star Night Menu

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

### *Hors d'oeuvres*

*Arrancini:*

*Deep-Fried Rice Balls Filled with Pork Ragu*  
ADESSO/DOPO

*Muscovy Duck Breast Crostini with  
Mezgaldi Onions*  
CITRON

*Pear and Blue Cheese Croque Monsieur*  
GRACE STREET CATERING

*Spiedini of Castelvetro Olives, House-Pulled  
Mozzarella and Marinated Artichoke*  
MARZANO/GARIBALDI'S

*Mini Corn Quesadillas with Huitlacoche*  
*Mini Sopas Yucatecan-Style with Cochinita Pibil:*  
*Slow Roasted Pork in Achiote, Citrus Juices, Garlic,  
Oregano and Cumin*  
*Served with Pickled Red Onions*  
*Sopa Verde served in Demi-Tasse Cups*  
PICANTE

### *Amuse Bouche*

*Sea Bass Ceviche with Aji Amarillo: Yellow  
Peppers, Lime, Garlic and Olive Oil,  
Served on Endive Leaf*  
BOCANOVA

### *First Course*

*Shaved Artichoke, Fennel and Mushroom Salad  
with Truffle Oil Vinaigrette*  
BAY WOLF

### *Second Course*

*Seared Bay Sea Scallop, Served on Parsnip Puree  
with Wild Mushroom-Smoked Bacon Vinaigrette*  
LALIME'S

### *Third Course*

*Daube-braised Lamb Cheeks*  
*Garnished with Carrot and Chioggia Beet Brunoise,  
and Rack of Lamb with Shallot, Parsley and  
Meyer Lemon Gremolata, served with Asparagus  
and Mashed Yukon Gold Potatoes and Chives*  
MUA

### *Dessert*

*Georgia Pecan Pie served with buttermilk ice  
cream and Michter's Rye Butterscotch sauce*  
PICAN

*Pavlova: Meringue Shell Filled with Lemon Curd  
and Whipped Cream, Topped with Assorted Berries*  
MARKET HALL BAKERY

*Bizou Au Chocolate: Almond Macaroon  
Sandwiches filled with Chocolate Ganache*  
LA FARINE

*Mini-Brownies and Blondies*  
BAKESALE BETTY

*Assorted Chocolate Truffles*  
LYLA'S CHOCOLATES

## Volunteering – The New Philanthropy

by Albert Garcia

Since 2005 I've been a volunteer driver for the Meals on Wheels program in and around Berkeley. I had no idea what kind of impact I could have on peoples' lives, and since meeting and talking to the dozens of elderly and disabled men and women on my routes, I can't imagine a time when I wouldn't be a volunteer. I was once asked by Mrs. C, who lived in a small house on a beautifully tree-lined street just north of the Berkeley campus, to hang a picture on her wall. The nail was already in place, and I hung the wire over it and adjusted the picture so it was straight. On my way out, I noticed a framed Life Magazine cover. I asked her about it, and she told me it was of her in the late 1930s. She used to live in the Los Feliz area of Los Angeles, and when I told her I grew up not too far away from there, her face lit up and we spent the next few minutes talking about the area she grew up in and the city she loved so much. She moved to Berkeley in the mid-80s and complained to me every week about the cold. I can still see her wrapped in a blanket and wearing a wool hat in the middle of summer.



I learned to be patient when knocking because Mr. H is hard of hearing and Mrs. G has bad knees. I know Mrs. R will greet me with a God bless you, Mrs. W will ask me where I've been because she's hungry, and when I ask Mrs. J how she is, she'll respond with "just waiting on my meals on wheels." Back in 2006, I used to deliver to a Mr. W on the first floor of an apartment building in North Berkeley. Each day he opened the door with a beaming smile, his hands out in front of him ready to receive his food. Mr. W was an elderly black man, blind, and about as happy as anyone I've ever met. His forehead showed no wrinkles of fear or concern, his eyes wide and glazed as they wandered, his soul rich with a life and experience I had no knowledge of, but one I'm sure could fill a Dostoevsky size book and tell of Hemingway-like stories. Each day, after placing the food in his hands, Mr. W would ask me in for a game of chess. I would tell him I had other meals to deliver, and he would understand. He always told me to come by another day when I had more time. I said I would, but never did. I don't have many regrets when I consider my years with Meals On Wheels, but not accepting the invitation to that game of chess, and I'm sure what would have been an interesting conversation, is definitely one I'll never forgive myself for.

Volunteer-based organizations are feeling the economic crunch along with everybody else, and they aren't expecting any bail-outs. With the decline in staff and financial assistance, organizations like Alameda County Meals on Wheels are looking for new methods of raising the necessary funds.

This last October 17th, I rode my bike in the first annual Wheels for Meals Ride fundraiser for Alameda County Meals on Wheels, along with my wife and a friend. It was a perfect day for a ride, the cool morning giving way to a warm afternoon in Livermore. Over 400 riders registered for the event, and it was a great opportunity to donate to the program while getting some fresh air and exercise on a beautiful fall Saturday and the satisfaction of crossing the finish line knowing you've done something not only for the for yourself but for a great cause.

Spending a little time each week volunteering has become such a part of my routine, I don't think of it as anything more than what I do on Tuesday mornings between 10:30 and 12:00. I may never know what it feels like to write a big check for charity, but I know what it feels like to receive a genuine and heartfelt thank you from someone who truly means it. I hope you too can feel that satisfaction and accept the challenge of becoming part of the new generation of philanthropists. Meanwhile, I'll be looking out for the next Mr. W, and this time you can be sure I won't pass up that game of chess.

On October 17, 2009 we held the 1st Annual **Wheels for Meals Ride**, a fundraising bike ride through the beautiful Livermore Valley wine region. We had nearly 400 riders on the three routes. The ride allows our supporters a new way to become involved with Meals on Wheels. We had lots of positive feedback, and on our post-ride survey, most participants said they would be back in the saddle for next year's ride. Also, many said they would be interested in adding an additional fundraising component over and above the registration fee such as soliciting pledges from family and friends.

In addition to the riders, we had nearly 100 volunteers involved, including the Livermore and Tracy area amateur radio clubs and the Pleasanton chapter of the National Charity League, a group of mother and daughter volunteers. This event raised more than funds; it gave us the opportunity to make new friends and spread the word in the East County area.

*"I just wanted to let you know how much this ride has affected me. I have a 79-year old grandmother whom I love greatly and every year that passes, she gets more frail, forgetful, and weaker. Luckily for her, she has a great family of 9 children and innumerable grandchildren and even great-grandchildren! But that doesn't discount the fact that there are seniors out there not as fortunate as her. I am disheartened by this because I feel that seniors have a legacy to pass on to the younger generation, but we are so caught up in our Twitter, Facebook, Blackberries and iPhones that we don't take the time to converse with them. So if my financial contribution to Alameda County Meals on Wheels has made it so that these seniors are heard, listened to and fed, I am greatly relieved. It makes me happy to know that even though I can't do much, I have made a difference in someone else's life through my financial contribution to your program via the Ride."*  
 ... Fred, Rider #607



The financial downturn has affected all of us, but ACMOW has faced the challenge head on by adding new events to make up the difference. We have increased our visibility throughout the county, which translated into one of our most productive fundraising years yet and our greatest disbursement of funding to assist our six Meals on Wheels programs in covering food and delivery costs. Ultimately and most importantly, homebound seniors in our communities continue to enjoy warm, nutritious meals and a check-in by caring drivers on a daily basis.



**SAVE THE DATE for the 2nd Annual  
 Wheels for Meals Ride on October 16, 2010!**  
**Registration opens June 1**  
[www.wheelsformealsride.com](http://www.wheelsformealsride.com)

**WHEELS FOR MEALS RIDE**



Can \$10 get you and a friend across the country and back?

Sure it can!

Alameda County Meals on Wheels is raffling off two tickets on Southwest Airlines for \$10 a ticket, or 6 tickets for \$50. The drawing will take place on April 27, and you do not need to be present to win. Cut out and mail the entry form to us, and we will mail you your ticket stub. We appreciate your participation!

Number of Tickets: \_\_\_\_\_ x \$10 per ticket (6 for \$50) = Total Amount: \_\_\_\_\_

Check enclosed – payable to Alameda County Meals on Wheels

Or, please charge my (check one):  VISA  MasterCard  American Express

Card Number: \_\_\_\_\_ Security Code: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Your numbered ticket stub(s) will be mailed to you after your check or credit card is processed. The raffle ticket(s) with matching number(s) will be used for the drawings. Must be 18 years or older to enter. Void where prohibited. Raffle subject to official rules & regulations. Per federal tax rules, raffle entry fees are not tax-deductible.

More information available at  
[www.feedingseniors.org](http://www.feedingseniors.org)

**ALAMEDA COUNTY  
MEALS ON WHEELS**

6955 Foothill Blvd., Suite 300  
Oakland, CA 94605  
www.feedingseniors.org  
info@feedingseniors.org  
(510) 577-3581 phone  
(510) 577-1962 fax

Incorporated under the laws of the  
State of California as a nonprofit,  
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**

**Mike Skubic, President**  
**Arthur Hoffman, Vice President**  
**Laura Takeuchi, Secretary**  
**Mary Louise Zernicke, Treasurer**  
**Mary Anderson**  
**Supervisor Keith Carson**  
**Dan Cohen**  
**Enid Hunkeler**  
**Jules Kragen**  
**Edward M. Lai**  
**Connie McCabe**  
**County Administrator Susan Muranishi**  
**Gary Paul**

*Cindy Houts, Executive Director*  
*Kathy Meares, Project Coordinator*

NONPROFIT ORG.  
U.S. POSTAGE PAID  
OAKLAND, CA  
PERMIT NO. 1415

ALAMEDA COUNTY MEALS ON WHEELS  
6955 FOOTHILL BLVD., SUITE 300  
OAKLAND, CA 94605

ALAMEDA COUNTY  
Meals on Wheels

