



# Cathedral Kitchen News

## CK USES FOOD TO CHANGE LIVES

*It's been a long and winding road to get to a good place in life, but with the help of Cathedral Kitchen, CK graduate James McMillan is where he wants to be.*



*CK graduate James McMillan on the job at Junior's.*

*James says the people in his life now are great. He doesn't want to look back, because in his words, "I'm just loving life!"*

James McMillan grew up in Mercer County, NJ. He graduated from Hamilton HS West in 1977 and went on to work in the food service industry. For three years he worked at Marriott Food Services until they lost the contract for the site where he was assigned. It was at that time he started hanging out with the wrong crowd and getting into trouble. James was arrested and incarcerated for 20 years. When he first entered prison he stayed tough to survive. A fellow inmate encouraged him to attend religious services and after much encouragement, he eventually went. Religion really helped to change his attitude and turn his life around.

When James was released from prison he was living in a halfway house in Camden and started volunteering at Cathedral Kitchen. The first day he arrived at the Kitchen he said he felt "at home." He would wash dishes, clean floors, do whatever he could to help. He heard about the Culinary Arts Job Training Program, applied and was accepted into the spring 2015 semester. James was eager to learn and CK chefs recognized his skill and enthusiasm.

While in the job training program, one of CK's partners in Camden, Joseph's House, a homeless shelter, was looking to hire a nighttime cook. They asked CK Executive Chef Jonathan Jernigan for help to fill the position. Chef immediately pointed to James who was hired to cook and serve dinner to the 80 shelter guests each night. James went on to graduate and is quite proud to say that his class achieved 100% job placement. He knows how hard it is to break the cycle of crime and poverty and hopes that he can help make someone's day a little better and offer them hope.

*(cont. p. 3)*

## CK Farm Fresh!



Check out what's growing at CK this season...

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# EXECUTIVE DIRECTOR'S MESSAGE



Dear Friends,

Cathedral Kitchen celebrates its 40<sup>th</sup> anniversary this year! We've come a long way since four young Camden residents started feeding the hungry with soup and sandwiches back in 1976.

Cathedral Kitchen's Board of Directors used this milestone anniversary as an opportunity to reflect upon the organization's rich history, and our recent expansion into catering and the CK café. They felt it was important to craft a concise mission statement that would serve as a guiding force for the Kitchen's future plans for growth and development.

The result was a clear and to the point. Our new mission statement is:

***Cathedral Kitchen uses food to change lives***

The Board went on to create Cathedral Kitchen's vision statement:

***We use food to nourish, train and employ people  
to offer them hope for improving their lives.***

***We are working to feed and energize a healthy community.***

We feel this new mission statement clearly encompasses all of our programs, and allows us the opportunity to continue to find new ways to serve those most in need. I join our board and staff in thanking all of you, who have helped us throughout our journey. We hope you will stay with us for the next chapter.

A handwritten signature in purple ink that reads "Karen".

## Cathedral Kitchen Board of Directors

### Officers:

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*Vice President*

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Richard Pacheco

Terry Ruggles

Wanda Smith, MBA, PHR

Elaine Moore Wright

### Cathedral Kitchen Leadership:

Karen Talarico

*Executive Director*

Bea Gosik

*Chief Operating Officer*

Jonathan Jernigan

*Executive Chef*

### **Cathedral Kitchen**

1514 Federal Street

Camden, NJ 08105

Office: (856) 964-6771

Fax: (856) 964-6772

[www.cathedralkitchen.org](http://www.cathedralkitchen.org)

Founded in 1976, The Cathedral Kitchen is a registered 501(c)(3) organization.

## CK VOLUNTEERS ROCK!



The staff of Cathedral Kitchen hosted a volunteer appreciation luncheon for our meal captains and morning set-up crew in the CK Café. These faithful volunteers report for duty week after week and help us carry out our mission, using food to change lives. Many of our volunteers have been serving CK dinner guests with dignity and respect for more than 10 years. A special thanks to our Community Relations Manager, Alex Wills, who masterfully schedules more than 8,000 volunteer slots each year!



## CK CHANGES LIVES *(cont.)*



*Chef Instructor Jill McClennen with James McMillan in CK's kitchen.*

But that's not where our story ends. While James was enrolled in the culinary class he really enjoyed helping CK Chef Mari Kehoe prepare cakes and cookies for the CK Café, catering and contract meals. When James found out CK was starting a Baking Arts Training Program in the fall of 2015, he applied and was accepted. He attended baking classes during the day and continued to work at Joseph's House at night. James loved learning the art of baking and secured an internship at the famous Junior's Cheesecake plant in Burlington, NJ. The 103,000 square foot plant produces more than 2 million cakes annually. James says he enjoys learning all there is to know about the production of cakes Junior's.

Last winter, upon graduation from the baking program, James was offered a full time position in the production line at Junior's. He took that job, and kept his nighttime cook job at Joseph's House. Amanda, James' supervisor at Junior's says, "James really stood out as a hard worker while interning at Junior's. He was eager to learn, trustworthy and had a positive attitude. When we recently opened a new production line, James was at the top of the list to work with the equipment." In case you're wondering, James's favorite Junior's product is, without a doubt, the strawberry cheesecake!

James is the proud father of three children, six grandchildren and one great grandchild. He has made some life-long friends at Cathedral Kitchen and comes back often on his days off to visit. Chefs Jonathan, Jill McClennen, and our deceased and beloved Richard Reiss believed in him and really helped him stay straight. He says the people in his life now are great. He doesn't want to look back, because in his words, "I'm just loving life!"

## CK TURNS 40!

On Sunday, April 10, 1976, Cathedral Kitchen welcomed hundreds of its volunteers, donors, past and present Board Members and founders to celebrate our 40th Anniversary. Under the direction of CK Chefs, our culinary and baking arts students prepared and served a delectable array of appetizers, entrees and sweets.



Rep. Donald Norcross celebrates CK's 40th along with Karen Talarico and Bea Gosik.



Executive Chef Jonathan Jernigan and Baking Chef Jill McClennen showcasing irresistible sweets!

## Building Success



Sharif Byrd graduated from CK's Culinary Arts Job Training Program in 2010. Upon graduation, Sharif was hired by CK and has been a strong and hard working contributor in the Kitchen.

Sharif, his lovely wife Tanita and their two children recently purchased their first home. Sharif is the fourth CK graduate to become a homeowner.

We have mixed emotions sharing that Sharif will be leaving us this fall to pursue a wonderful new opportunity in management at the food service division of Compass Group.

We congratulate Sharif and wish him and his family the best of luck in their new home!



# What Our Dinner Guests Are Thinking...

## New Face of Development



After almost 11 years, CK's development director, Colleen Rini, is retiring at the end of this year. Colleen came to the Kitchen to help raise \$4 million to fund the capital campaign for 1514 Federal Street and continued raising funds for the annual operating budget, as it grew from less than \$300,000 to \$2.7 million.

We are happy to announce that Noreen Flewelling has joined CK as the new development director and is spending a few months training with Colleen. Noreen has more than 20 years of fundraising experience. She was most recently the Major Gift Officer at Virtua Foundation. Her previous positions include Director of Development for Children of Bellevue, Inc. at Bellevue Hospital Center in New York City, and consultant at Long Pond Advisors. Noreen says she is looking forward to supporting the Kitchen's future growth and is honored to be a part of such a special place.

Welcome, Noreen!

CK opens its doors to anyone who is hungry with no questions or registration process. While we don't ask our dinner guests about their personal lives and circumstances as part of our meal program, we do value their opinions and want and need to know demographic information. It is through our bi-annual dinner guest survey that we compile this information to keep the program on point and to inform our supporters about who they are helping through volunteering and/or financial contributions.

This year we were fortunate to have a college intern for the summer, Gabe McCarthy. Gabe is from Baltimore and will be a senior this year at The College of Wooster in Ohio. He worked closely with CK Case Manager, Denise King, to design small focus groups from among our dinner guest population to dig a bit deeper into the challenges they face. Gabe was also key to our bi-annual survey: he compiled the results using Google technology.

Denise was able to assemble two groups of single parents and one group of veterans. During the focus groups held in our conference room, our participants were served a three course meal of a salad, an entrée and dessert by CK volunteers.

A common theme among all of the groups was lack of affordable housing and navigating the maze of public assistance. Several of the parents had children with medical problems and could not get the help



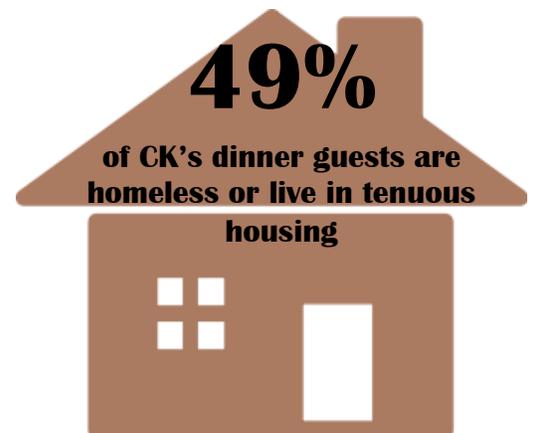
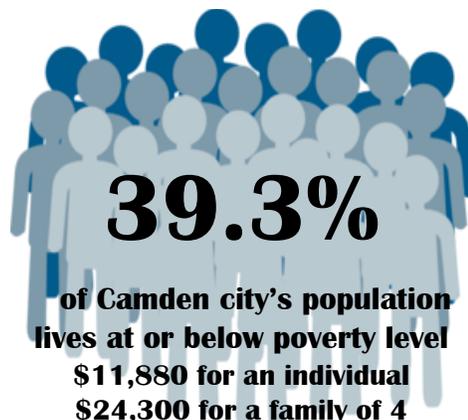
CK intern Gabe McCarthy was among more than 35 volunteers who conducted interviews during our bi-annual guest survey.

the child needed due to transportation or access to specialized equipment.

Our veterans had varying levels of knowledge regarding where they could receive help and/or what was available. Mental health counseling was felt to be non-existent. Also, obtaining necessary documents to obtain a proper state ID was an issue.

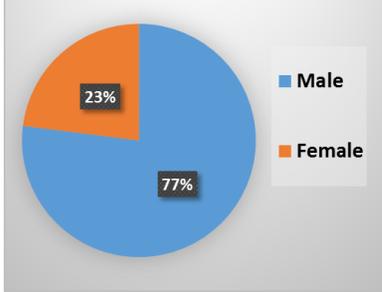
This fall, CK will be part of a pilot project, called Single Stop, funded by the David Tepper Foundation. The program provides coordinated access to benefits and assistance for those we touch through a customized software program. We are hopeful that some of the issues we heard about, first-hand in the focus groups, could be supported through this initiative.

## BY THE NUMBERS



# Survey Says...

**Gender**



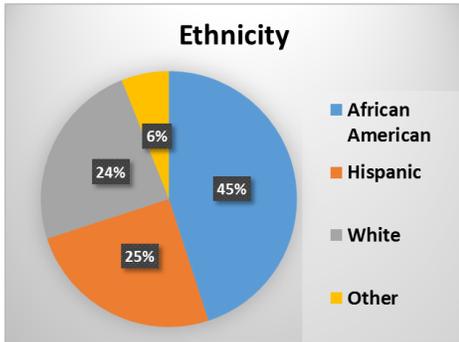
245 dinner guests participated in CK’s bi-annual survey. A team of more than 35 volunteers greeted the guests and asked questions ranging from age and gender, to housing and access to food. The statistics that we gathered told us that our dinner guests are made up of a wide range of demographic groups, including children who are now served at special family tables.

Our “typical” dinner guest has a high school education, is either homeless or living in tenuous housing and comes for a meal several times a week on foot from a neighborhood in Camden.

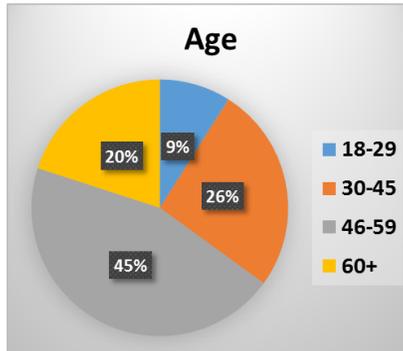
Sadly, hunger and food insecurity is still prominent, with less than half of our guests eating three meals a day. Of those who receive food stamps, they report lasting 2-3 weeks.

We also ask about the food and service quality of our Meal Program. We are happy to report that 94% rate CK’s food as good or very good and 95% rate the service provided by our volunteers as good and very good. Based upon our results two years ago, we increased the portion size and this year, 86% of our guests feel they are served enough food at our Meal Program.

**Ethnicity**



**Age**



## SAMUEL MONNIE JOINS CK BOARD

### Samuel helps CK build its Brand

Cathedral Kitchen welcomed Samuel Monnie, Director, Marketing Capability at Campbell Soup Company to the Board of Directors this past April. At Campbell’s Sam leads the global efforts to build marketing capabilities and the search for and adoption of, best-in-class competitive marketing practices and brings a globally driven "growth mindset" to the Kitchen.



Sam has gained industry experience from the Consumer, Durable Goods, Business to Business, Retail, Entertainment, Apparel, and Food industries. Alongside national and global leadership positions on brands such as Grainger, Kenmore, Braun, Duracell, and Safeway with long term roles in the UK, Germany, Switzerland and now resides in Philadelphia.

Sam also served as an adjunct professor in subjects such as global marketing and advertising, including the Kellstadt School of Business at Depaul University (Chicago), and The University of Wisconsin (Parkside). He earned his B.A. degree with honors in Marketing and law from De Montfort University in Leicester, UK, and earned his Masters degree in Marketing Studies from Ulster University in Northern Ireland.

As an expat, Sam maintains his Brit roots as an avid follower of the mighty Red Devils (beloved - Manchester United Football Club), connoisseur of Indian food and keeping a keen eye on the British music scene. Little known fact about Sam: he speaks German, French and Ga (Ghana).

## CK Job Training Field Trip to Campbells Soup



Class 15 of CK’s Culinary Arts Training program took a field trip to visit our longtime partner and neighbor, Campbell Soup Company. Campbells Soup was Cathedral Kitchen’s first corporate donor back in 1976! Certified Master Chef Tom Griffiths and his team of chefs expanded upon the week’s lesson about stocks and sauces while demonstrating various techniques and recipes in Campbell’s test kitchens. The team also discussed culinary trends and how they monitor the culinary world to keep products current, as well as career opportunities in the food business.



# COMMUNITY OUTREACH

## Farm Fresh at CK



Executive Director Karen Talarico's green thumb produces fresh fruits and vegetables for the CK Café.

Rows of planters are situated on the rooftop of Cathedral Kitchen's 1506 Federal Street location. This summer produced an endless supply of lettuce, tomatoes, squash, mint, oregano, basil and even watermelons. CK Café's Chef Daniel incorporated all the fresh produce into the daily menu.



CK Café Daily Chalkboard Specials



Students from Loyola Blakefield, MD help tend to the garden on a recent visit to Camden.

## Food never goes to waste at Cathedral Kitchen!



Urban Promise after-school student enjoying CK's chicken, rice and salad.

Last year CK launched its community outreach program. While our Meal Program serves a real need, we know there are those in our community who are not able to come to our dining room, especially children and the elderly. We have committed to daily and weekly deliveries of meals to four after school programs including Volunteer of America's Face Forward and Urban Promise. We also partner with two low-income senior housing facilities in Camden where we deliver fresh produce and pantry items each week.



Riverview Towers' seniors love CK's weekly delivery!



CK Market Stand is a big hit in the dining room

## CK CAFÉ...CAMDEN'S HOT SPOT



The CK Café celebrated its First Anniversary in May and business is booming! Open Tuesday thru Friday from 11:00 to 2:00 PM for lunch, the Café is an ideal place to meet for networking, delicious food and to support a great cause!

The CK Café is available to rent for meetings Saturday-Monday and breakfast any day of the week. Catering is available, too! For more information, go to [www.cathedralkitchen.org](http://www.cathedralkitchen.org) or call 856-225-0257.

# Harvest for Hunger Ticket Order Form

Tickets (check-in at registration table): \_\_\_\_\_ Tickets x \$70 each = \$ \_\_\_\_\_

Pre-purchase basket raffle tickets (26 tickets/sheet): 1 sheet @ \$20 \$ \_\_\_\_\_

Raffle tickets will be held at registration table 3 sheets @ \$40 \$ \_\_\_\_\_

6 sheets @ \$60 \$ \_\_\_\_\_

I would like to support this worthy cause with a donation of: \$ \_\_\_\_\_

My Total: \$ \_\_\_\_\_

Payment Options: \_\_\_\_\_ Enclosed is Check # \_\_\_\_\_

\_\_\_\_\_ Please charge my credit card listed below

Buy your tickets online go to the [www.cathedralkitchen.org](http://www.cathedralkitchen.org) and click on "Events"

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

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

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

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

How did you hear of this event?: \_\_\_\_\_

### Credit Card Payments:

Name on Card \_\_\_\_\_ Amount: \$ \_\_\_\_\_

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ Security Code \_\_\_\_\_

Send Credit Card payments via Fax to 856-964-6772 or Email to [karen@cathedralkitchen.org](mailto:karen@cathedralkitchen.org)

Checks should be mailed and made payable to:

Cathedral Kitchen ♦ 1514 Federal Street ♦ Camden, NJ 08105

Please purchase your tickets by November 4th

Presenting Sponsor:

**Holman**  
**AUTOMOTIVE**

Cathedral Kitchen Legacy Sponsor:

**Campbell Soup**  
**FOUNDATION**

*Featuring Live*  
*Auctioneer:*  
*Terry Ruggles*

Collingswood Grand Ballroom  
315 White Horse Pike  
Collingswood, NJ

Celebrating 40 Years



Harvest for Hunger  
Wine Tasting and Live Auction



Join us for an evening of food and fun for a great cause!

Friday, November 11, 2016

7:00 ~ 10:00 PM

**Tickets: \$70**

For ticket and other information, go to [www.cathedralkitchen.org](http://www.cathedralkitchen.org)  
or contact Colleen Rini at 856-964-6771 or [colleen@cathedralkitchen.org](mailto:colleen@cathedralkitchen.org)

All proceeds from Harvest for Hunger benefit the Cathedral Kitchen  
Guests must be 21 or older.

Non Profit  
Organization  
U.S. Postage Paid  
Cherry Hill, NJ BMEU  
Permit No. 192

[www.cathedralkitchen.org](http://www.cathedralkitchen.org)

Phone: 856-964-6771  
Fax: 856-964-6772

1514 Federal Street  
Camden, NJ 08105

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