



**Catonsville
Emergency
Assistance**

April - June 2017

*CEA is Open 9am - 1pm
Monday - Thursday*



25 Bloomsbury Ave., Catonsville, MD 21228 410-747-help (4357) • www.catonsvillehelp.org

Positive Changes



*Megan M. Rigos,
Executive Director*

Thanks to our new food volunteer program begun this past quarter, CEA has increased its ability to distribute food to our clients. It works like this: the food volunteer works alongside our program assistant giving out food to the needy people we are scheduled to see. This means that now we can often see twice the number of clients as usual when we have a food volunteer working.

Our first food volunteer is Susan Bloomer, a volunteer from Christian Temple. In addition to giving out the packages of frozen meats, produce,

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Craft Beer and Wine Tasting to Benefit CEA

Friday, April 28, 4 to 8 pm



Mark your calendar for Friday, April 28, for a craft beer tasting from Manor Hill Brewing hosted by the BricknFire Pizza Company- Mobile. The event, from 4 to 8 pm, will be at The Breadery, 418 Oella Ave.

Manor Hill Brewing will be on site pouring samples of beers, Black Ankle Winery will have wine samples, and all on-site consumption profits from wine and beer will be donated to CEA. Shepherds Manor Creamery will be offering cheese pairings to complement the wines. BricknFire Pizza Company- Mobile will offer \$1 off to anyone who mentions the name of the brewery at the time of their pizza purchase. The Breadery will offer on-site wine tasting of a variety of wines sold in their shop.

This will be a great time to get to know the people, their companies, and their products. Come enjoy some beer, eat some pizza, listen to some music and help CEA! This is the first of BricknFire Pizza Company-Mobile's craft beer series that they will be doing throughout the summer, each one benefitting a different charity.

Food for Thought: Food Insecurity in Our Area

On Tuesday, April 11, a panel of experts will discuss food insecurity issues facing our area and how we, as citizens and consumers, can help make a positive impact through large and small actions. The panel, moderated by Dr. Psyche Williams-Forson, associate professor and chair of the Department of American Studies at University of Maryland, College Park, includes Dr. Warren Belasco, professor emeritus for the Department of American Studies, UMBC; Jason King, creator of the app Unsung (deals with food waste); Megan Rigos, executive director of CEA; Vernon Rey, board president at the 32nd Street Farmers' Market; and Lauren Sandler, head of preservation for Woodberry Kitchen restaurant.

This event is sponsored by the Catonsville Branch of the Baltimore County Public Library and UMBC, and will be held at the University of Maryland, Baltimore County, University Center building, room 312 at 7 pm. It is free and the community is encouraged to attend.

Library Garden's Produce Coming to CEA



For the second year, the Catonsville Branch of the Baltimore County Public Library is planting a vegetable garden to benefit their Catonsville neighbors who are helped by CEA. The kick-off is on Saturday, April 1 from 10 am to noon. The library is encouraging interested community members to join in preparing the garden and planting early crops. They'll have information about gardening as well. The library is located at 1100 Frederick Rd.

Last year's garden was very successful and clients enjoyed a variety of vegetables and herbs all summer long.

150 Bags for 150 Years

St. John's United Church of Christ began in 1867 in Southwest Baltimore City. They stayed there until 1960 when the church bought 33 acres at its present site at 1000 So. Rolling Rd., Catonsville. Overhills Mansion is owned by the church and is on the property.

On March 5th, the congregation celebrated its' 150th anniversary, and challenged themselves to fill 150 bags of cans and nonperishable food for CEA. They reached their goal in two weeks. St. John's is a regular contributor to CEA but this was a special celebratory goal for the church.

iGive: An Easy Way to Donate to CEA

iGive is an online store rebate program that allows you to designate CEA as the charity that will earn money when you shop. More than 1700 stores and services are part of the iGive program. The rebate amounts vary by retailer. Some retailers donate as much as 6% of each purchase and others, anywhere from .04 to 4 or 5%. This service is free to CEA.

Here's how it works. Simply sign up at iGive.com/join. When you shop via their special links, an "iGive Cookie" is assigned to your browser. This tells the store, "Here is an iGive Member." You're assigned a number so the online store can report back the purchase amount to iGive. iGive.com never has access to any payment information.

Additionally, many online stores offer sales and coupons for iGive members and you can find these on the iGive site.

Please tell your friends and family too. It's free, and there are no limits or hidden fees. Sign up now and shop for a good cause.



Kudos to the Scouts

Local Boy Scouts, Cub Scouts and Girl Scouts collected a record amount of food for CEA in March. Boy Scout Pack 891, Boy Scout Pack and Troop 456, and Boy Scout Pack and Troop 307 contributed almost 2,500 pounds of food from food drives. And best of all, they weighed all the food and sorted much of it, with help from the Barnett family of Catonsville who were volunteering that day. Pack and Troop 307 had pre-sorted and boxed much of their food before it got to CEA. It's a big job to properly store the food and it was wonderful to have all the scouts' help.

Girl Scout troops in Catonsville, Halethorpe, and Arbutus held their annual "Cantastic" event in March. Each year has a theme – this year's was "celebrate the states" – where the troops design and build sculptures from non-perishable food items related to the theme. There was everything from Churchill Downs in Kentucky, to a volcano in Hawaii, and even Cape Canaveral in Florida. The sculptures are judged for creativity and engineering, and the girls complete the requirements for the "Harvest for the Hungry" patch program, which teaches them about nutrition, hunger, and food insecurity. Their event brought in 1,100 pounds of food to CEA, arriving in two vans.



Thanks to Catonsville Assembly of God for printing this edition of the CEA newsletter.

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canned and dried food (such as rice, pasta and cereals), Susan assists with handing out the special packages of food we give to the homeless in Catonsville.

Most of us take for granted the ability to store, refrigerate and cook our food. But being homeless means those are luxuries that are often not available, so we provide food that does not need to be stored, cooked, or even opened with a can opener. The food we give includes such things as packets of tuna, crackers, juice, granola bars, individual servings of fruit, etc. We also give these packages as frequently as once a week, as the homeless can only carry and store a small amount.

You may not see or even realize that there are homeless people here in Catonsville. One man, I will call Jason, lives in a homeless community in the woods with his adult son. He is suffering from cancer and is going through treatment. Jason comes to CEA weekly to help him get by with enough food. It would be hard to guess that Jason has so many troubles. He is friendly and talkative and even generous within his means. We are proud to be able to help these men and some women who come to CEA in a time of need.

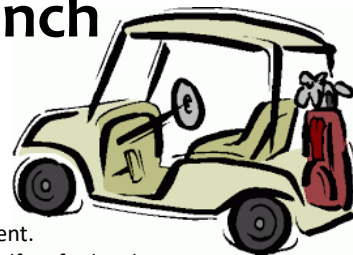
Thank you to all the volunteers and especially our new food volunteers who are making it possible for CEA to serve the hungry in Catonsville.

**AmazonSmile makes it easy
for you to support CEA
every time you shop.**



For more information see:
[http://smile.amazon.com/
ch/52-1579478](http://smile.amazon.com/ch/52-1579478)

July 20: Links and Lunch for a Good Cause



Golfers and non-golfers are encouraged to come out to Carroll Park Thursday, July 20, and join the Carroll Park Ladies Golf organization for its annual celebrity/charity event.

Golfers can play nine holes of golf and then join the non-golfers for lunch, a silent auction and raffle. Proceeds from the event will go to CEA. Even if you don't play, come for lunch and attend the silent auction. The celebrity guest is Maryland State Delegate Pam Beidle of District 32, Anne Arundel County.

Lunch is \$20. Golf fees vary, see <http://bmkgolf.com/-carroll-park> for fees. The menu can be seen at TheLunchBoxLady.com. To attend please send a check made out to Catonsville Emergency Assistance with Carroll Park written in the memo line by Friday, July 7. Send to 25 Bloomsbury Ave., Catonsville, MD 21228.

Golfers should arrive at the course (2004-2108 Washington Blvd., Baltimore) by 8 am to check in, purchase raffle tickets, etc. Lunch is at 11:30 am.

For information call 410-747-4357 or email news@catonsvillehelp.org.



Meet Mandy Zivin

Mandy Zivin is CEA's new program assistant. She replaced Deb Henkel who retired in January. While Mandy is new to the job, she isn't new to CEA. She's been CEA's volunteer coordinator for nearly a year, and is still volunteering in that capacity.

She first became involved with CEA through a food drive she started in the Oak Crest neighborhood eight years ago. "Every year the drive was a success," she recalled.

"Some years we brought in an actual ton of food." When board member Jane Byers was looking to replace herself as volunteer coordinator she turned to Mandy who she knew had great organizational skills and high energy.

A former middle school special education teacher in Washington, D.C., Mandy taught language arts and social studies. She and her husband moved to Catonsville in 2007. After her children Oliver and Benjamin were born she stayed home to take care of them. That's when she became a founding member of a group called More Than Moms and also volunteered as a reading



Mandy Zivin

tutor at Hillcrest Elementary School. Now she's on the board of the mom's group.

"When I learned about the opening at CEA, I decide to apply for it," she said. "I wanted to work for a non-profit, and this seemed like a perfect fit for me."

Mandy likes to play the piano, a pastime she's had since childhood, and enjoys playing the ukulele and the guitar and has taken mandolin lessons. Not one to rest too long, she said she likes to run. "Last year I did the Across the Bay 10K," she said. She's crafty as well and sews purses and bags.

If you ask her how the job's going so far, she lights up as she says, "I love it. I love helping the clients and I'm just amazed at how many fabulous people are involved with CEA. I brag about it to everyone."

Donation Boxes Make a Big Contribution

A dozen area businesses help CEA by placing our donation boxes in prominent spots at their businesses. We're very grateful because the bills and change collected in the boxes are essential to our work of helping those in need. Last year CEA received nearly \$5,000 through the donation box program. Look for boxes when you dine and shop.

- 7 - Eleven, 403 Frederick Rd.
- 7 - Eleven, 1313 Francis Ave., Arbutus
- 7 - Eleven, 1611 Edmondson Ave.
- 7 - Eleven, 6350 Frederick Rd.
- Bob Evans, 6336 Baltimore Nat'l. Pike
- Cafe on the Grove, 9 Hickory Lane, Spring Grove
- Catonsville Pharmacy, 6350 Frederick Rd.
- Double TT Diner, 6300 Balt Nat'l Pike
- Objects Found, 11 Egges Lane
- Paradise Cafe, 6429 Frederick Rd.
- Sam's Bagels & More, 730 Frederick Rd.
- Taneytown Sandwich Shoppe, 807 Frederick Rd.

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Catonsville Women's Giving Circle Grants CEA \$2,500



Holly Dawsey, (right) co-chairperson of the CWGC grants committee is shown presenting Executive Director Megan Rigos with a check for \$2,500.

The Catonsville Women's Giving Circle (CWGC) recognized CEA's work in our community by supporting it for the second year with funds to provide protein (such as chicken, beef, pork and vegetarian options) for families who cannot afford food. Thank you CWGC for partnering with us to support Catonsville residents in need.

Thanks to Generous Neighbors

We are grateful to the following generous donors:

Catonsville Dental



From left: Kathy Blackburn, Dr. Scott Eisen, Dr. Scott Baylin, Erin Weidman and Zakira Wright (in front).

Catonsville Dental Care donated more than 30 oral hygiene bags and a check to CEA. The bags each contained a toothbrush, floss and toothpaste. Patients receiving the hygiene bags could opt to donate them during the month of January.

Christian Temple

Christian Temple held its third "Chili Response" to support CEA in January. With some 17 crockpots of chili and 2 crockpots of soup, about 100 people, both a mix of church members and people from the community, enjoyed the lunch. The event raised nearly \$800 for CEA.

Pastor Ken Kovacs



Pastor Ken Kovacs of Catonsville Presbyterian Church generously donated the sales from his book to CEA at the end of last year. If you are looking for a good read, you can purchase Pastor Ken Kovacs' book, "Out of the Depths: Sermons and Essays," here: <https://www.amazon.com/Out-Depths-Sermons-Kenn.../1536959758>.

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