



# NEWS BOX

Volume 6, Issue 3

Fall 2007

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### Inside This Issue:

- **Renowned Maine Artist donates lithographs**
- **Insert to send to Match Families**
- **Sponsor Letters**
- **Fall/Holiday Box Ideas**
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## AUTUMN'S HARVEST

I joined The Box Project board a year ago and am inspired by the good work the organization does for so many families in need. In early November the Board will be hosting our Annual Meeting and celebrating 45 successful years of providing service to people in poverty across this country.

Over the past year I have seen The Box Project realize significant success despite some challenges that reflect our present economy and changes in our society. There is no question about the amazing benefits that The Box Project fosters. Assistance that puts food on the table, provides school supplies for children, pays for utilities so a family can cook meals and stay warm in winter. The Box Project deserves our wholehearted support.

I'm Chair of the Funds Development Committee. I recently got a small grant of \$5000 from the Sunshine Lady Foundation and the board has pledged to raise \$5000 in matching funds. We've planned a Walkathon on Daytona Beach to celebrate 45 years of service and we're each taking pledges toward our goal to raise \$1000. If you'd like to do a walkathon in your town to raise money for The Box Project or if you have other ideas, we'd love to hear from you.

My mother passed away a year ago, and these last 12 months I have taken time to reflect on her life and the impact she had on me. I recall the many words of wisdom she

shared that helped shape who I am today. One of the most important things she taught me was to help people in need. Through her career as a nurse, giving and nurturing so that others might thrive, she taught me that one person can make a difference for others. We each get to choose how we help, and I have chosen The Box Project. This is the season of harvest, thanksgiving and sharing, and I invite you to join me in choosing The Box Project.

*Sue Lawrence*

Board Member

Funds Development Committee Chair

## HOLIDAY GIFT IDEAS

To help raise money to support The Box Project, renowned Maine artist, Jean McLean, has graciously donated nearly 200 lithographs created from 10 of her most beautiful, original paintings. Maine lighthouses, the Maine coastline, wild lupine, blueberries and raspberries, make up this beautiful collection. Each signed print is double matted, and shrink-wrapped for protection. The cost for each print is \$36.00, including shipping by priority mail and handling. 100% of the proceeds will benefit The Box Project. To view and order the size 10 x 12 lithographs securely online through our PayPal account, please go to our web site at [www.boxproject.org](http://www.boxproject.org) and follow the simple instructions provided. If you have any questions, please call our office at 1 800-268-9928. For more information on Jean McLean and to see more of her stunning works of art, please visit [www.memoriesofmaine.com](http://www.memoriesofmaine.com).

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## EXECUTIVE DIRECTOR'S MESSAGE

In 1962 The Box Project started with an idea that passed between two compassionate women; Coretta Scott King and Virginia Naeve. With the name of a single family in Mississippi, Mrs.

Naeve began mailing the first of many boxes of material aid and hope from her home in Vermont. She mobilized her church, her friends and family and gave The Box Project life. Between then and now, thousands of caring Americans have participated in giving hope and help to thousands of families in poverty.

The Box Project is preparing to celebrate our 45th year of giving aid to families in poverty. We have a legacy to live up to, and that legacy was left to us by passionate visionaries like Mrs. King and Mrs. Naeve, Nancy Normen, Pat Schneider, Ruby Blackmon, Lacie Tate, Adell Moore, and all the wonderful leaders and guides who helped us to be the great organization we are today.

To commemorate this milestone The Box Project board will be walking in our first annual "Stamp Out Poverty" walkathon on Saturday, November 3, 2007 in Ormond Beach, FL to raise both money and awareness.

Please take a moment to join us in celebration of the accomplishments of the past 45 years.

Sincerely,

*Susan Patneau*

Executive Director

Thanks to long time sponsor, Mary and her son John we are proud to introduce our new celebrity spokesperson! Watch for more news as we develop ways for Michael to help get The Box Project some much needed recognition across the country!



**Michael Madsen:** Poet, author, movie star, husband, father, and enthusiastic advocate for The Box Project.

*"As a father of 6 boys, I was happy to be asked to be a spokesperson for The Box Project," said Michael Madsen. "I know what it takes to feed a big family and I hope that my involvement can help people living in poverty in rural America."*

## HELP US TELL OUR STORY

The Box Project has new promotional video in two lengths. One five-minute and one two-minute, both on the same DVD so you can choose. If you would like to introduce your faith community, your friends, a civic or school group to The Box Project and the good work that we do, this is a great educational tool. If you would like to show the film, send an email to [jamie@boxproject.org](mailto:jamie@boxproject.org) and let her know where to send the video, where you plan to show it, and when. We can provide you with newsletters and brochures electronically so you can print as many as you need. Special Thanks to Hayworth Creative, Denise & Richard Nesbit and sons, Tarik Minor, Katharina Brierton-Lane and Sharon FitzPatrick for their kindness and perseverance in bringing this project to a wonderful end result.

## SPONSOR RESOURCES

The following is a list of websites that some members of The Box Project have used for purchasing items for recipient families:

<a href="http://bulkfoods.com">bulkfoods.com</a>	<a href="http://chefdepot.net">chefdepot.net</a>
<a href="http://freecycle.org">freecycle.org</a>	<a href="http://drugstore.com">drugstore.com</a>
<a href="http://cvs.com">cvs.com</a>	<a href="http://walmart.com">walmart.com</a>
<a href="http://education-world.com">education-world.com</a>	<a href="http://walmart.org">walmart.org</a>
<a href="http://www.darlingshoes.com">www.darlingshoes.com</a>	<a href="http://sportsmanguide.com">sportsmanguide.com</a>
<a href="http://honeyvillegrain.com">honeyvillegrain.com</a>	<a href="http://solarcookers.org">solarcookers.org</a>
<a href="http://overstock.com">overstock.com</a>	<a href="http://domestications.com">domestications.com</a>
<a href="http://brylancehome.com">brylancehome.com</a>	<a href="http://amazon.com">amazon.com</a> (grocery)
<a href="http://thechildrenswearoutlet.com">thechildrenswearoutlet.com</a>	<a href="http://overstock.com">overstock.com</a>
<a href="http://walmart.triaddigital.com/Free-Samples.aspx">walmart.triaddigital.com/Free-Samples.aspx</a>	

The following is a list of companies that some Sponsors use to order food packages and have them delivered directly to their recipient family.

Mission Orchards	Sue Bee
Pittman & Davis	Omaha Steaks
Hale Groves	New Braunfels Smokehouse
SHARE - Pine Ridge Reservation	

## **FAMILY INFORMATION UPDATE FORMS**

If you haven't sent in your blue 2007 Family Information Update Forms, please do so as soon as possible. We are still waiting for 500 people to send back their forms. It is important that we have all current information about you and your family. If you did not receive a blue form for 2007, please call our office at 1-800-268-9928.

## **ASSISTANCE PROGRAMS**

You may be eligible for the following assistance programs. Please call the number for the state you live in.

### UTILITY ASSISTANCE

<b>National Energy Assistance Referral</b>	<b>Mississippi</b>
1-866-674-6327	1-800-421-0762
<b>Kentucky</b>	<b>South Dakota</b>
1-800-456-3452	1-800-233-8503
<b>Maine</b>	<b>West Virginia</b>
1-207-624-5708	1-800-642-8589

### CHILD CARE ASSISTANCE

<b>Kentucky</b>	<b>South Dakota</b>
1-800-421-1903	1-800-227-3020
<b>Maine</b>	<b>West Virginia</b>
1-207-287-5014	1-304-558-2993
<b>Mississippi</b>	
1-800-877-7882	

### COLLEGE FINANCIAL ASSISTANCE

<b>Kentucky</b>	<b>South Dakota</b>
1-605-867-5338	1-800-928-8926
<b>Maine</b>	<b>West Virginia</b>
1-888-825-5707	1-800-228-3734
<b>Mississippi</b>	
1-800-327-2980	

If you are looking for a job, contact your local Community Action Agency or the closest social agency to ask about employment programs, in your area that you might be eligible for.

## **CHANGE OF PERSONAL INFORMATION**

If your address, telephone number, members of your family or any other personal information changes, please call The Box Project at 1-800-268-9928 so that we may update your records. Also **remember to send the same new information to your sponsor**. If your sponsor does not have the correct address, they will not be able to send you boxes or letters.

## **TELL US ABOUT YOU!!**

We always like to hear stories about our recipient families that we can share with other recipients and sponsors. If you have a story that you would like to share about your experience in The Box Project, maybe how you or your children have been helped, why The Box Project is special to you, or maybe you would like to thank your sponsor in a newsletter. Please send us a letter or email with your story and a telephone number where we can reach you. We know there are many wonderful stories to tell and we hope yours will be one of them.

## **WAYS TO KEEP WARM THIS WINTER**

How can you help your family stay warm this winter without using more heating fuel, turning up your heat, opening an open oven or using electric space heaters? Here are some simple ideas to try:

1. Layer clothes. Long underwear and tee shirts are perfect for layering.
2. To stay warmer at night, layer sheets and blankets.
3. Use comforters. Use a sheet or blanket underneath a comforter to trap warm air.
4. Wear a hat, even in the house. Heat escapes through your head and keeping your head covered helps your body hold heat inside. When you are outdoors, layer two hats and make sure you cover your ears.
5. Wear mittens or gloves.
6. Wear socks with your slippers when you are inside. Slippers will keep your feet warm, but socks inside will keep them warmer. Wear socks when you sleep.
7. Add moisture to the air to make the temperature feel warmer. Place pans of warm water on top of non-electric radiators or heating vents.
8. Keep your feet dry. If your feet get wet, you will get cold. Carry an extra pair of socks and change shoes or boots to make sure that your feet stay warm and dry.

## AN EASY TURKEY DECORATION

Supplies needed: Paper, colored pencils/crayons/markers



1. Have your child/help your child trace their hand on a piece of paper.
2. Then have them/help them color their fingers any colors they want. These are the turkey feathers.
3. Have them/help them color their thumb brown and add eyes, a beak, legs, and feet.
4. Place them all around your home. You can keep them in a zip lock bag or envelope to use again. (Don't forget their name and the date on the back).

## EASY HOLIDAY GIFTS OR CRAFTS\*

(\*submitted by D. Brenner)

Supplies needed: Felt squares, glue, ribbon, foam sticky shapes, scissors and a hole punch

If doing a book, use as many felt squares as you like. If doing stockings, you need two large squares of red felt and then other smaller squares of any color to decorate the stocking.

Instructions for a book:

1. Punch two or more holes into one side of each sheet of felt and lace together with the ribbon.
2. Cut or use foam sticky shapes and paste any shapes, letters or decorations onto the pages of the book. e.g. If they wanted to make a toddler book - they could paste a small textured piece like sand paper, fake fur, etc. onto the sheet. If doing a book for an older child they could cut out shapes or make dream pages by cutting out pieces of felt to express their ideas and gluing them onto pages.

Instructions for a stocking:

1. Cut two sheets of red felt into a stocking shape.
2. Glue the edges together to form the stocking making sure to leave the top unglued to be filled by Santa. Children or parents could cut out the other colors of felt or use foam sticky shapes to decorate the stocking. You could even place the child's name on one of the pieces of red felt with the stocking shape for the child to cut along.

Either of these could be made to give as gifts or as a December school break craft.

## FALL RECIPES

### Beef Noodle Soup - serves 6



- 1 pound lean ground beef
  - 1 medium onion -- chopped (optional)
  - 1 stalk celery -- cut into bite size pieces
  - 1 (1.15 ounce) envelope dry beefy mushroom or onion soup mix
  - 1 (14.5 ounce) can diced tomatoes -- undrained
  - 3 cups water
  - 2 cups frozen mixed vegetables -- thawed
  - 1 cup uncooked egg noodles
1. In large skillet, brown ground beef until thoroughly cooked. Drain well.
  2. In a large pot, combine cooked ground beef and all remaining ingredients except mixed vegetables and noodles; mix well.
  3. Cover; cook on low setting for 1 hour or until onion is tender.
  4. Stir in thawed vegetables and egg noodles. Increase heat to medium high setting; cover and cook an additional 15 to 20 minutes or until vegetables and noodles are tender.

### Potato/Corn Chowder Soup (makes 10 cups)

- 2 cups potatoes - chopped (peeled or unpeeled)
- 2 cups chicken broth
- 1 (14 oz.) can corn (drained)
- 1 (19 oz.) can creamed corn
- 1 (14 oz.) can green beans (drained)
- 1/2 cup (or so) chopped carrots
- 2/3 cup dry milk powder
- 1 cup water
- 1/2 cup milk



1. Dice the potato and carrots and cook them in a large pot in the chicken broth until soft.
2. When they are done, add the corn, creamed corn and green beans.
3. Mix the dry milk, water and milk together and add to the pot. Heat through till it's hot but not boiling.
4. You can add all kind of vegetables to this recipe.



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## SPONSOR STORY #1

In the summer 2007 issue of NewsBox Rachel Santa encourages us to write and tell about our experiences as a sponsor. I recently spoke with my “sister family” in Mississippi. This was our first conversation on the phone, but we had been communicating regularly by letters over the past 17 years. My initial reaction talking to “S” was how polite and respectful she was to me. “Yes Ma’am” and “No Ma’am” were her responses to my every question. I must admit this made me a little uncomfortable, and I told her did not have to address me in such a formal way. Her response was, “My mother taught me to be respectful to others.” So be it!

“S” told me how much she looks forward to my monthly box, and even shares what doesn’t fit her with others. But if the truth be known, I get so much more out of this endeavor than “S” ever could. Just the fact that (through The Box Project) I can help to make one family’s daily life a little easier is such a blessing to me. I get such satisfaction and enjoyment in finding just the “right thing” for her and packing the box right up to the top.

“S” and I have never met, and most likely never will, but I know that God has given me a chance to connect in a most special way and show His love and concern for those who are less fortunate. **Thank you** to all of you at The Box Project who work so hard to make this possible.

Sincerely,  
Donna D.  
South Hadley, Massachusetts

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## SPONSOR STORY #2

You always wonder if your own kids understand what The Box Project recipient families do without day-to-day. I joined The Box Project because I wanted to teach my two children that and to let them realize the joy of helping someone else. So here's an answer that I got just the other day from my six year old daughter:

She was going around the house dusting and cleaning up. After awhile, she asked if I was going to give her \$10 for cleaning up around the house. I told her that I would think about a smaller amount for chores if that's what she wanted to do, but that \$10 was too much to ask for. When I asked her why she wanted \$10, she said "I want \$10 so I can buy some food for Tabitha and the kids" (our match family).

Yes, it threw me. I'm so touched at what both my kids are getting out of this in such a short period of time (just 2 months now).

Of course I told my daughter that she didn't have to worry about making money to help them out, but that I would love for her to help me pick things out for them at the store.

I guess I should also mention this: I had cans of chicken noodle soup set aside to send to our match family. One evening my 10 yr old son mentioned that he'd like for me to get some more chicken noodle soup for him the next time I went to the store. I went upstairs and pulled the soup out of the box I had been working on and took them downstairs. There was a look of horror on my son's face and he said "No, that's ok. Those are for Tabitha." I reassured him that I was not mailing the box the next day and would have plenty of time to replace those cans.

So, even if I don't know (or see) every day that they support what we're doing, I do know that they're thinking about it and they GET IT! :-)

Judy, VA

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## Notes from the Office...

- **2007 FAMILY INFORMATION FORMS** We're busy processing Family Information Forms that have been updated by your recipient families. We're in the process of readying those copies for bulk mailing to those sponsors whose dues are current. We expect to have them in the mail by November 5th.
- **THANK YOU!** A very special "THANK YOU" to Jay & Barbara Young at PS Print in Daytona Beach. They donated \$1000 of in-kind services to print our 2007 Fall Appeal in color. Something we could not afford to do on our own. The appeal was very attractively done and we appreciate their continuing support and kindness.
- **EMAIL NEWSLETTER OPTION.** It is our goal to save time and money by sending our newsletters electronically whenever possible by the Spring 2008 issue. Thank you to the 270 members who have chosen the e-mail option as of this mailing. We will still mail a paper copy to those who do not have access to a computer. When you renew your annual dues online, please make sure to list your current email address or let us know if you do not use email. Please note that our newsletters are always available on our web site at [www.boxproject.org](http://www.boxproject.org).

## IDEAS FOR FALL AND HOLIDAY BOXES:

family games	thermal underwear	educational toys	age appropriate books
puzzles	flannel pajamas	scrapbooking kits	books of other states and countries
card games	slippers/slipper	craft supplies	<i>All About Me</i> - fill in the blanks
puzzle books	winter coats	how-to books	Matchbox/Hot Wheels cars
jump ropes	jewelry	stuffed animals	magazine subscriptions
dolls	cookware	athletic equipment	Thanksgiving food
sweaters	crock pot	picture frames	Christmas food
shoes/boots	recipe books	themed bedding	holiday plates/napkins/utensils
clothing	baking mixes	stationery sets	table decorations
scarves/hats	hot chocolate mixes	family videos/dvd's	holiday stockings-filled
gloves/mittens	blankets	disposable cameras	holiday decorations
ear muffs	flannel sheets	gift cards	holiday paper
socks	lap throw blankets	music tapes/cds	holiday photo album