

NEWS BOX

Volume 7 Issue 3

Fall 2008

EXECUTIVE DIRECTOR'S MESSAGE

Dear Friends,

To conserve our financial resources we decided to include our latest funding appeal in this newsletter. We ask for your generous contributions, not because we have grand plans for expansion, but because we have solid, achievable plans for today. You can donate easily online by going to www.boxproject.org and clicking on www.boxproject.org/forms.html.

Nonprofits have recently hit on some hard times in general and The Box Project has experienced a significant decline in both dues and donations that have heavily affected our ability to fund even our most basic programs and budget. We're all in this together; making choices every day about what we can and cannot spend our money on.

As Americans, we're the self appointed trustees of people in poverty in the many rural communities where The Box Project has a presence. Every day we feed and clothe children, provide for the basic necessities of a family in poverty, help children get the supplies and uniforms they need to go to school, send warm blankets and mittens in the winter and inspire hope that the future can be better for them than it was for their parents and grandparents.

The Box Project must be here to preserve and promote our mission and keep our doors open for matching families in need in both good times and bad. We can't just stop doing the right thing. That doesn't make good sense with this economy pressing hard against the working poor, and more and more families falling below the poverty line.

Maybe you're asking, "How will it affect my family in this hard economy if I make a generous contribution to The Box Project?" While we're asking, "How will it affect the nearly 200 families waiting to be matched in this hard economy if you don't make generous contribution this year?"

In case you think your dues and donations don't count, here is an example: There are nearly 500 sponsors who have not paid their \$50 dues. Your \$50 annual dues times 500 means we didn't raise \$25,000 that we were counting on this year. With a \$25,000 deficit we could lose a staff member or worse. Since we only have two staff that's a big cut in our ability to match families and centers, manage the Back to School Fund, oversee the ClassMatch Program, and answer nearly 4000 phone calls from sponsors and recipients needing help or advice each year.

Together we can continue to alleviate the effects of poverty on individuals and families living in rural America. Please consider a generous tax deductible donation to The Box Project this year, and tell your friends and family about the good work we do. Maybe they'll do the same. We need your support more than ever.

Susan Patneau

Susan Patneau, Executive Director

----- CUT HERE AND MAIL WITH YOUR CONTRIBUTION -----

You can donate securely online at www.boxproject.org. Click on "What you can do" then scroll down to "Make a Donation. You will be given the option to make a one time donation or a recurring donation in smaller amounts over time. You may also clip and return this section and mail your check to us at P.O. Box 2266 Daytona Beach FL, 32115.

Enclosed is my donation of \$500 \$250 \$100 \$75 \$50 \$25 Other _____

Charge my credit card this amount: \$ _____ : Visa Mastercard Other: _____

CC# _____ Expiration Date: _____

Name on Card: _____ Active Email address: _____

Address: _____ City: _____ State: _____ Zip: _____

P.O. Box 2266, Daytona Beach, FL 32115 Phone: 386-258-6083 www.boxproject.org



PRESIDENT'S MESSAGE

Dear Members,
One day I was pondering the meaning of The Box Project and began to think about boxes in my life:

I remember:

- Boxes of gifts from my grandmother in Virginia;
- Large appliance boxes that my friends and I would make into elaborate playhouses and furniture;
- Boxes of new crayons and pencils for school;
- Boxes of cookies I sold to fund Girl Scout Camp;
- A box with a Cross pen and pencil set that I received for graduating from high school;
- The box that contained my wedding ring that I ordered from a catalogue for \$39.99;
- Boxes that contained gifts in celebration of the birth of each of my two daughters;
- The very large box that I pay the mortgage on;
- Now, the excitement of a plain amazon.com box containing the newest Oprah book.
- And, the boxes my family sends to our recipient family living in the delta of Mississippi.

I frequently imagine my recipient family opening their box from me, hopefully excited about the contents; groceries, school supplies, Christmas stockings, but also the hope and caring that is sent with it. We want them to know that someone else in this world cares about them and is trying to help.

We are all like boxes. Some of us are plain brown cardboard; some are bright, shiny boxes; some are fancy wrapped presents; and some are turquoise blue Tiffany boxes with a white satin ribbon. Our boxes contain hopes, dreams, and desires and we wish our lives to be healthy, happy, and meaningful, no matter how we are wrapped.

I hope you continue to find The Box Project to be a worthy organization, worthy of your support so that we can continue to alleviate poverty for families and communities right here in America.

Rachel Santa

Rachel Santa,
President

PIERSON ELEMENTARY SCHOOL WISH LIST

In our last newsletter we introduced you to our pilot program called ClassMatch Club. When the Seville Elementary School was closed and consolidated with Pierson Elementary School nearby, we were afraid to lose our advisors, but we're pleased to say that they were also transferred to Pierson Elementary and the program is back on track. Pierson, Florida is one of the poorest rural areas of the state and over 85% of the children in this school live at or below the poverty line. The sponsoring student ClassMatch Club from Greeley High School in Chappaqua, NY can use your help in meeting student needs. With the consolidation of schools, the number of children they're sponsoring increased from 115 last year to well over 500 this year. Your help is urgently needed.

Please consider sending the following items to help children learn. We will update the wish list in each newsletter. You may also send your tax deductible donation to The Box Project and we'll apply your donation to the program.

WISH LIST

- Math fact decks for multiplication, division, subtraction, and addition-something along the lines of flash cards. Up to ten sets would be great
- Developmental Reading Assessment leveled sets of books. Sets of books with the same title that could be used in reading groups are needed. There are resources online or you can make a donation and the school can purchase what they need
- Box Tops for Education. To find out what products qualify go to the products section at <http://www.boxtops4education.com/>
- Dry erase markers, crayons, folders, index cards, glue sticks, bottles of glue
- HP 56 and 57 ink cartridges
- Large legos, floor puzzles, wooden puzzles.
- Leap pad books, Leap pad games, Leap pad tags and corresponding books
- Globes
- Thesauri

Mail directly to:

Ms. Sara Todora
Pierson Elementary School
One West First Avenue
Pierson, Florida 32180

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.

RECIPIENT REMINDER: AS A MEMBER OF THE BOX PROJECT YOU AGREE TO...

1. Write a letter **each time** you receive a box or letter from your sponsor. If you don't send a thank you letter, you may not receive another box.
2. Write your sponsor regularly about your life, your family, your children's activities, the town you live in, your childhood, anything that will help your sponsor get to know you better.
3. Ask only for basic needs.
4. **Not** ask for money, payments of utility bills, expensive toys, name brand clothing, video game systems, or computers.
5. **Not** ask for anything for people who do not live with you or who are not listed on your latest Family Information Form.

RAISING "EMOTIONALLY HEALTHY" CHILDREN

From the moment babies are born, what their parents say and do will have a big impact on who they become as adults. The lessons we teach our children are taught more by the way we live, than by the things we say. Our actions speak louder than our words. Children acquire the values that they observe and experience. Although children are born with unique personalities and temperaments, their families have a profound effect on their emotional health.

Some tips to help children grow up emotionally healthy:

- Talk with your child and listen to your child. He/she will feel valued.
- Allowing children to express what they feel will teach them to communicate well and respect the feelings of others.
- Be clear about rules and expectations. Be consistent and predictable.
- Let children make choices between things that are acceptable to you. They will feel safe and capable.
- Guilt is not a good parenting tool. Discipline = Teaching.
- Reward positive behavior, give children a sense of conscience, and teach right from wrong.
- Value each child for his/her special qualities. Celebrate and value differences in children. Recognize each child's unique qualities.
- Show appreciation for your children and for others. Being positive can build a foundation of acceptance and appreciation.
- Develop family traditions and celebrate milestones and successes.

Fall & Winter Recipes

Ann's Bean Soup

1 can tomato sauce or diced tomatoes is even better

2 cans of chicken broth
2 cans of beans: 1 each of red and black or 2 black sautéed onion.

Simmer to combine flavors.

Serving suggestions:

Add curry powder

Add fresh lemon or lime

Try adding salsa

Try adding yogurt and lemon

Low Calorie Shepherd's Pie

2 large potatoes, peeled and cut into 2-inch pieces

1/4 cup fat-free sour cream

1 Tbsp reduced-calorie margarine

1/8 tsp table salt, or to taste

2 tsp oil

1 cup onion, chopped

2 medium carrots, diced

2 medium stalk celery, diced

1 pound uncooked ground turkey

3 Tbsp all-purpose flour

1 Tbsp rosemary, fresh, chopped (or 1 tsp dried)

1 tsp dried thyme

1/2 tsp table salt

1/4 tsp black pepper

2 cup canned chicken broth, or beef broth

Instructions:

1. Preheat oven to 400°F.

2. Place potatoes in a large saucepan and pour in enough water to

cover potatoes. Set pan over high heat and bring to a boil; reduce heat to medium and simmer 10 minutes, until potatoes are fork-tender. Drain potatoes, transfer to a large bowl and add sour cream and margarine; mash until smooth, season to taste with salt and set aside.

3. Meanwhile, heat oil in a large skillet over medium-high heat. Add onion, carrots and celery; cook 3 minutes, until soft. Add turkey and cook 5 minutes, until browned, breaking up the meat as it cooks. Add flour, rosemary, thyme, 1/2 teaspoon of salt and pepper; stir to coat. Add broth and bring to a simmer; simmer 3 minutes, until mixture thickens.

4. Transfer turkey mixture to a 9-inch, deep-dish pie plate. Spread mashed potatoes over top and using the back of a spoon, make decorative swirls over the top. Bake 30 minutes, until potatoes are golden. Slice into 6 pieces and serve.

Oven Fried Honey Chicken

1/4 cup honey

2 tablespoons vinegar

1 1/2 cups bread crumbs

1 Tbsp cooking oil

6 (4-6oz.) fresh boneless, skinless chicken breasts, halves

Instructions:

Preheat oven to 375°F.

1. In shallow bowl, combine and stir together honey and vinegar. Pour bread crumbs into separate bowl. Set bowls aside.
2. Spread oil over foil-lined baking pan large enough to hold all chicken pieces in one layer. Roll chicken pieces in honey mixture, then in bread crumbs; place in pan.
3. Bake for 30 minutes*, or until cooked thoroughly.

*Note: Chicken Test for Doneness (per Washington Fryer Commission)

No matter what method you use for cooking chicken, the most accurate test for doneness is a meat thermometer. Since chicken is never ready to be served unless it is done, always be sure it is completely cooked. Whole or bone-in chicken should reach an internal temperature of 180°F, and boneless chicken should be cooked to 165°F. Other indicators for doneness include:

- 1) A fork or toothpick can be inserted with ease.
- 2) The juices should be clear, not pink.
- 3) Bone joints move easily.

Rosemary Broccoli

1 bunch of broccoli chopped or 1 bag frozen broccoli

1 large bell pepper, chopped

1/4 cup (1/2 stick of butter)

1/4 tsp. ground rosemary

Instructions:

1. Place broccoli and pepper in a pot and cover with water. Bring to a boil and continue boiling for 4 minutes. Drain.
2. Combine butter and rosemary.
3. Melt in a saucepan or microwave and pour over vegetables.

Sugar Free Apple Pie

This pie can be made without crust to save calories.

Ingredients:

6 ounces apple juice concentrate
1/2 cup water
Sweet and low, if desired
2 Tbsp cornstarch
1/2 tsp apple pie spice
4 apples
1 uncooked double pie crust

Instructions:

1. Mix first 5 ingredients.
2. Cook until thick.
3. Place apples into uncooked pie crust.
4. Pour mixture over apples.
5. Cover with top pie crust.
6. Bake @ 350 degrees for 45 minutes.
7. Apples can be sprinkled with one package of Sweet and Low, if desired.

Many thanks to our long-time member, Ann, for submitting these recipes and baking tips.

Thank You, Ann!

VISITING MISSISSIPPI

In early October several board members traveled with me and Jamie to Mississippi to visit recipient families and the St. Francis Center in Greenwood. The trip was emotional. Last year I visited Kathy and her family. Kathy has lupus and many physical challenges that go with that disease. At the time she was working toward purchasing the home she and her family were renting. The house was unsafe and falling apart, but it was home for her and she was fixing it up room by room. Just before Christmas last year the house burned to the ground. The crisis of losing her home was devastating to Kathy and she and her family moved in with her mother temporarily. When we went to see her this year she was living in a new house that her former landlord fixed up for her. It had been sitting there empty all along and it's only 4 houses down from the old one...except it's completely finished and safe and livable! Kathy's cloud had a silver lining and we were so happy to see her smiling and happy!

Another bonus of this trip was a luncheon sponsored by a friend of The Box Project in Meridian, MS. Many thanks go to Barb for her generosity. She hosted 20 local friends for a fundraising event and raised much needed financial support. She has offered to champion similar luncheons in various areas of the country to raise awareness and funds that will help support the programs and services we provide. If you have an interest in sponsoring a luncheon in your area, please call The Box Project.

FOOD BOX OPTIONS

In the past, sponsors have ordered food boxes and had them sent directly to their recipient's homes. The following is a list of companies that sponsors and members have used. All companies have web sites.

Mission Orchards	Hickory Farms	Hale Groves	Omaha Steaks	Pittman & Davis	Sue Bee
Harry & David	Overstock.com	Figs	Edible Arrangements	New Braunfels	Smokehouse
SHARE	BizRate.com	Sam's Club	Costco		

WORKING POOR FAMILIES – OUR WORK IS NOT DONE

(New findings on the challenges of the working poor published online at www.workingpoorfamilies.org.)

- More than 21 million children live in low-income working families.
- Jobs paying poverty level wages increased by 4.7 million between 2002 to 2006.
- The economic crisis poses even greater challenges for these families, making it harder than ever for them to work their way into the middle class.
- 72% of low income families work. 25% receive food stamps. 52% are 2-parent families.
- In 13 states, 33% or more of working families are low-income, and two states, Mississippi and New Mexico have 40% or more. In eight states 40% or more of the children of working parents live in low-income families.

States with highest percent of low income working families:

- #50 New Mexico - 41%
- #49 Mississippi - 40%
- #48 Arkansas - 38%
- #46 Texas/Oklahoma - 37%
- #43 Idaho/Louisiana/West Virginia - 35%
- #42 Montana - 34%

To see the full Working Poor Families Report go to:

<http://www.workingpoorfamilies.org/pdfs/NatReport08.pdf>

TECHNOLOGY UPDATE

GOODSEARCH

Thank you to everyone who has started using Good Search as a way of gaining recognition for The Box Project! So far, in 2008 alone, we've logged 7622 searches! Your Internet searching and shopping has raised over \$100 this year!

To begin using GoodSearch to help raise money for The Box Project, go to www.goodsearch.net and learn how to add this search engine to your tool bar. We'll receive \$.01 for every search you do when going about your usual Internet surfing. When you shop through GoodSearch, The Box Project receives 2%-5% of what you spend before shipping and handling. This is an easy way to raise funds by simply searching and shopping on the Internet on both your home and work computers.

FACEBOOK

Facebook is another way to draw attention to The Box Project. Just go to www.facebook.com and set up your own page, then join us under "Causes". Then invite all your friends and family to join too. When they're looking for a way to give back, they just might choose us!

Notes from the Office...

- **New contact info:** PO Box 2266, Daytona Beach, FL, 32115. Phone: 386-258-6083 or call 1-800-268-9928. Fax: 386-258-6085.
- **Holiday Gift Ideas:** To help raise money to support The Box Project, renowned Maine artist, Jean McLean, graciously donated prints created from 10 of her most beautiful, original paintings. Several 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, (which includes shipping by priority mail and handling). 100% of the proceeds will benefit The Box Project. To view and order the size 10 x 12 prints securely online please go to our web site at 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 artist Jean McLean please visit: www.memoriesofmaine.com.
- **Companies that will ship to P.O. Boxes:**

Blair.com	CVS.com	Drugstore.com	Honeybell.com
JC Penney	Overstock.com	SierraTradingPost.com	Amazon.com*(Check shipping details)

Holiday Box Ideas

family games
puzzles
card games
jump ropes
coloring books
dolls
athletic equipment
matchbox/hot wheels cars
educational toys
stuffed animals
age appropriate books
craft supplies
how-to books
stationery sets
family videos/dvd's
music tapes/cds

sweaters
jackets
shoes/boots
clothing
scarves/hats
gloves/mittens
ear muffs
socks
thermal underwear
flannel pajamas
slippers/slipper
winter coats
blankets
bedding
flannel bedding
lap throw blankets
picture frames/albums

disposable cameras
magazine subscriptions
Holiday food
cookware
crock pot
recipe books
baking mixes
hot chocolate, cider mixes
non-perishable food
holiday plates/napkins/utensils
table decorations
holiday stockings-filled
holiday decorations/paper
Curtains
dish towels
gift baskets (fruit)
gift cards/certificates

Shipping Tips

- Don't ship glass or liquids.
- Use flat rate shipping boxes from the USPS.
- If possible, pay extra for insurance, tracking and signature delivery, especially if you are shipping more than two boxes at a time.
- DHL, FEDEX, UPS are additional shipping options.

BOARD OF DIRECTORS

PRESIDENT

Rachel Santa
Saunderstown, RI

VICE PRESIDENT

Mary Clare O'Grady
Newport, RI

SECRETARY

Jamie Newcomb
Interim

TREASURER

Amy Maldonado
Oviedo, FL

MEMBERS AT LARGE

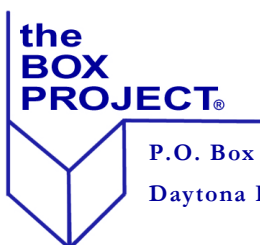
Matt Allen
Shreveport, LA

Sue Lawrence
Athens, GA

Penny Deutch
Punta Gorda, FL

EXECUTIVE DIRECTOR

Susan Patneau
Daytona Beach, FL



P.O. Box 2266
Daytona Beach, FL 32115