

WHAT'S COOKING

NOURISHING THE HEART, ONE MEAL AT A TIME

WINTER 2004

message

feature

A Letter from the Executive Director 2003 in Review



Alberto Cortés

The year 2003 was not without its challenges for Mama's Kitchen.

At the start of the year we submitted a competitive application for Ryan White CARE Act funding to support our hot meal program. This process occurs once every five years and, fortunately, we were successful in securing long term funding for Mama's Kitchen.

During the summer we started the challenging task of upgrading our software systems, including our client services database. This was not a minor accomplishment, considering that we transitioned from an antiquated DOS-based program. Additionally, we upgraded our accounting and development software, thereby allowing us to work more efficiently and serve more clients.

On Monday, October 27, as fires raged out of control throughout San Diego County, our volunteers and staff arduously toiled to make sure that our clients received food. By noon that day over 2,200 meals were prepared, packaged and delivered to cover our clients' nutritional needs for two days. This experience serves as one more example of the commitment of the

continued on page 3

Mama's Day 2004

Presented by SAIC

Hyatt La Jolla at Aventine to Host

Science Applied International Corp (SAIC) is pleased to announce their sponsorship with Mama's Kitchen to be the Presenting Sponsor of **Mama's Day 2004 – The Coolest Event of the Year!** According to **Kathy**

Holladay, SAIC Vice President and Director of Government Affairs, "We are pleased to continue our support of Mama's Kitchen. Through the collaborative efforts of SAIC employees, we were able to raise the level of sponsorship. This signifies our commitment to the effectiveness of Mama's Kitchen's ability to deliver its mission. SAIC has been providing operations and technical support to the National Cancer Institute (NCI) since 1995. Currently there are more than 1400 SAIC employees in Frederick, Md., that have dedicated their time and effort to help the NCI and the National Institutes of Health to improve the prevention, detection and treatment of cancer and AIDS."

So, mark your calendars and save the date for **Friday, May 7, 2004**. The 13th annual Mama's Day event, The Coolest Event of the Year, will bring together over 60 of San Diego's finest chefs. **The Hyatt Regency La Jolla at Aventine** will once again host over 800 guests at what has become San Diego's premier fundraising event of the year. Hyatt La Jolla's new general manager, Chris Aldieri, who was recently transferred here from Hyatt Miami and started his position on January 26, says "Hyatt warmly welcomes Mama's Day. We have adopted Mama's Kitchen as part of the Hyatt family and I look forward to continuing the tradition and getting to know Mama's community of supporters." Invitations to Mama's Day 2004 will be mailed in March. For information, call Dawn Tol at (619) 233-6262.



From Left to Right:
Susan Wade, Asst. VP, SAIC; Amy Butterfield, Director of Catering, Hyatt Regency La Jolla; Elisabeth Bergan, Mama's Day 2004 Event Chair; Chris Aldieri, GM, Hyatt Regency La Jolla.



“kitchenchatter”

Volunteer Appreciation Day at SeaWorld



Mama’s Kitchen recently held its annual Volunteer Appreciation Day at SeaWorld to extend our thanks and love to all those

volunteers who make our organization possible. For the 12th year in succession, SeaWorld hosted our event and, in addition to free use of the pavilion, provided free park tickets and food for hundreds of our volunteers and guests.

We offer a special Mama’s Kitchen hug to our



VOLUNTEERS OF THE YEAR

Andrew Bisaha - Andrew has been a courier and substitute delivery driver since October, 1999

Tom Borgerding - (pictured in middle) Tom first volunteered in August of 1998 and has been a courier or delivering food ever since

Bobbi Harwood - (pictured on right) Bobbi cooks Fridays and inputs new volunteer data every other Wednesday, drives a route whenever her daughter, Dana, has to work late, and works at every event we hold. Bobbi has been with Mama’s since August, 1998.

Ron Meyersburg - (pictured on left) Ron is a float driver extraordinaire. If Ron is in town, he’s at the Kitchen Monday through Friday to receive his assignments. There are very few routes Ron has not tackled.

Larry O’Brien - Larry joined Mama’s in December, 2000, and has been lending a hand ever since.

Wednesday and Friday mornings Larry can be found leading the staging crew in bagging up the breakfasts, lunches and grocery bags. Another spot you’ll find Larry is at “Mama’s Day” and most any special event. Thanks again to our volunteer honorees, to all the other volunteers who give so willingly to Mama’s Kitchen, and to Roi Ewell and all the wonderful people at SeaWorld for providing the perfect venue for our event!



San Diego Mayor Visits Mama’s

Mayor Dick Murphy visited Mama’s Kitchen over the holidays to demonstrate his support of our mission. Accompanied by members of his staff and numerous TV and print journalists, Mayor Murphy viewed our new public relations video and greeted each of our staff members and a handful of volunteers on duty with his appreciation for all that Mama’s Kitchen does for our community.

Mayor Murphy, a former San Diego Superior Court Judge, asked Executive Director Alberto Cortés many probing questions about the problems our clients struggle with, the issues facing Mama’s Kitchen in the coming year, and what the City could do to help. His visit and the associated press coverage brought us numerous phone calls from prospective supporters.

The City of San Diego contributes over \$60,000 annually to Mama’s Kitchen and we are grateful to Mayor Murphy and to the members of the San Diego City Council for their caring support.

JOIN the Family

VOLUNTEERS NEEDED

- > Drivers
- > Speakers
- > Kitchen Help

Contact Bill at (619) 233-6262 for more info.

www.mamaskitchen.org

- ● ● Learn about upcoming events!
- ● ● Look for volunteer info!
- ● ● Buy Mama’s Day tickets!
- ● ● Donate online!

Anniversaries of Service

We salute our volunteers for their compassion and service to Mama's Kitchen.
Congratulations on your anniversary!

(This list reflects those volunteers who initially began their service
in the months of July through December)

13 Years: John Crepeau / Rick Plewa **12 Years:** Daryl Cross / Tom D'Amico
Judy Hale / Bill Holcomb **11 Years:** Lisa Gervais / Colum O'Hare / Frank Stefano
10 Years: Shirley Androlewicz / Polly Croteau / Lea Fransisco / Kevin Heiss
Brian Kean / Jeanette Noakes / Eric Odendahl / Mary Odendahl
9 Years: Morten Blakeston / Roy Briscoe / Cheryl Devlin / Tim Devlin / Tim Dierks
Gloria McNurlen / Mike Minjares / Jerry Neu / Jesse Padilla / Stanley Pearce
Sharon Reynolds / Mark Sullivan / Robert Tol **8 Years:** Mebys Abrams
Cordelia Anderson / Don Androlewicz / Terri Breining / Naomi Denenberg
Gerry Freed / Ken Freed / David Friedman / Verne Gladie
Patty Greenfield / Mike Groby / Kathryn Helmer / Carole Levin / Cindy McDaniel
Rebecca Mouser / Cynthia Orr / Tamra Rutherford / Richard Scott / Suzi Smith
Karen Van Den Akker **7 Years:** Vicky Campbell / Edward Coglan / Kathryn Cooney
Janet Crump Castro / Wayne Guthrie / Jeanette Handelsman / Ron Kohnke
Robin Moss / Christine Mulhall / Jaime Rosales / Juanita Smith / Beth Swersie
Hal White / Patricia Wilber / Gary Yunker **6 Years:** Barry Benn / Jerry Cervantes
Kris Clark / Michael Croft / Kevin Day / Jason DeFay / Carol Douglas / Joan Gehr
Maggie Hewitt / Tom Keeley / Marci Knoles / Elaine Lewis / Stuart Lee Lourie
Phyllis Naiman / Valri Nesbit / Bill Oates / Amy Perez / Doron Rosenthal
Sandy Silverman / Neal Slater / Diane Smith / Fran Stinchcomb / Mark Vogel
Cathy Wright **5 Years:** Rebecca Alcorn / Tori Allaband / Richard Baca / Mike Bahary
Thomas H. Borgerding / Don Caulfield / Bobbie Cruzen / Joyce Funtall
Bobbi Harwood / Ana Wilson / Len Kamien / Betty Ketelsen / John O'Neil
Hans Schuman / Kathy Wright **4 Years:** Judith Anson / Jason Barsi / Madelyn
Bennett / Francois Bereaud / Nicholas Bereaud / Andrew Bisaha / Dianne Brueckner
Camille Bryan / Hilary Chambers / Felix Duarte / David Durney / Marilee Gillen
Erick Haswell / Bill Helmer / Stacey James / Diane Johnson / Robin Karnousky
Betty B. Lowe / Suzi Maybo / Cindy Miller / Michael Palomo / Elizabeth Parmenter
Steven Prenskey / Trent Riley / Natasha Sandrock / Maureen Sterk / Christine Tucker
Pamela Venable / Philip White / Debbie Wilson / Clyde Yoshida
3 Years: John Bunnasi / Aimee Cabrera / Nina Clark / Alan Davison
Michele Davison / Marissa De Crom / LaDawna Denn / Cheryl Dodd
Benjamin Duehr / Geralynn Felicetta / Timothy Gentzler / Greg Gerding / Glay Glay
Jeffrey Greenstein / Joseph Homent / Marilyn Hundley / Linda Jacoby
Cynthia Jemmott / Jennifer Johnson / Elaine Kady / Jhon Kieilty / Jayna McLeod
Shirley Mulcahy / Linda Navarro / Julie Nokleberg / Larry O'Brien / Larry Oravetz
William Paskert / Judy Paulson / Roy Peloquin / Bill Pollock / Cecilia Pollock
Frank Prestipino / Nick Rivera / Karen Schuldies / Carl Simmons / Eleni Stevens
Mary Tokumaru / Victor Vazquez / Joyce Von Stuck / Lynn Wells / Cheryl Williams
Kim Winterstein **2 Years:** Lena Anjo / Diane Antonini / Billy Bedell / Kathy Borden
Joseph Bueche Clair Burns / Carol Carlson / Rachelle Carvajal / Jacqueline Chavira
Amy Colliton Sandy Crozier / Sharon Dormire / William Dowler / Brooke Feldman
Norma Ferrara Charles Flender / Pandora Flores / Debbie Garcia / Shanel Gohsler
Nancy Gross Peg Habetler / Crystal Harris / Amanda Hill / Lois Hosmer
Ekaterini Koules / Marva LaDay / Leigh-Ann Layton / Gerald Lovelady
Kevin McAndrews / Tim Moran / Barbara Oswalt / Douglas Rehg / Amanda Sawicki
Ken Scruggs / Tara Sindler / Moira Solomon / Charlene Soriano / Summer Stech
Amy Steiner / Jeff Still / Biruta Strausser / Angie Surrillo / Ellie Theofilopoulos
Richard Thunhorst / Laura Vielma / Jack White / Pat Whitt / Kevin Wier
Andrew Woodruff / Tom Woods / Sal Zambito / Ronise Zenon / Jennifer Zhu
1 Year: Hector Alvarez / Derek Andreason / Doug Archer / Monique Argoud
Kirsten Ashby / Randall Ayres / Marilee Bankert / Robert Barrick / Alison Boutillier
Julia Joy Bowers / Marilyn Britt / Jan Bruner / Daniela Camacho / Gaby Camacho
Nan Coffin / Diane Crisman / Thomas Crisman / Angelle Crocher Amelia Cruz
Jeannie Cunningham / Matt Daniels / Melissa Dennison / Chris Dolosantos
Jan Eder / Trevor J Enyeart / Amy Rachael Epstein / Joe Fannella / Jeffery A. Fleming
George Frank / Roger Frey / Rodney Gabriel / Cuauhtemoc Garay / Danielle Garcia
Wayne Gardner / Pasquale Gelardi / Torrey Giaquinta / Jose A. Godinez Jr.
Sal Gomez Jr. / Cher Goss / Alice Gray / Paul Grisham / Brenda Guerrero
Tony Gutierrez / Bonnie Haas / Bonnie J. Hall Jerome Lynn Hall / Ed Heiland
Stephen Hendrich / Vivian Jones / Sara Katlen / Mary (Toni) Kleiman / Tom Klysa
Katherine Knaust / Emily Kurland / Blair Lacy / Theo Lewis / Kristen Lindgren
Elisabeth Lipton / Guy Lopez / Matt LoPinto / Kevin Luu / Chris Mandarano
Paul Martin / Carolyn McFarlane / Meredith McFarlane / Diane McSweeney
Neil Medeiros / Aubi Mellein / Ron Meyersburg / Brian Milburn Colette Militello
Sharon Mintz / Josh Morris / Michelle Morris / Chris Mueller Richard Nagma
Melissa Neumann / Rigile Paula Ortega / Chad Osborne / Noah Ostanik / Ed Pappert
Patricia Pasquill / Jesse Patton Jr. / Russell Penner / Brian Piatkowski / Nandini Pillai
Ellen Preston / Jenna Puetz / Daniel Ranger / Katie Reynolds / Lynn Roberts
Taryn Rogina / Thomas Roughface / Carrie Rouse Anna Sanchez / Eric J. Sanchez
Jill Schroeder / Anna Schulz / Wesley Shaw / Megan Shea / Jennifer Singer
Anita Singh / Virginia Sloman / Brian Smith / Debra Smith / Peter Smith / Alan Paul
Stachura / Jill Stinebring / Sheri Stock / Jerry Stutzman / Kristine Tate / Ruben Taylor
Ming Tuan Tisha Tumangan / Cheril Ulibarri / Danielle Viramontes / Edith E. Wagner
Lisa Wayne / William Wendelaar / Ryan Wickers / Rick Woodford / Carrie Wren
Shaun Yudelson / Patrick S. Zimmer / Kristen Zimmerman / Kimberly Zych

continued from page 1

extraordinary volunteers who are the heart and hands of
Mama's Kitchen.

The reality of an uncertain economy that loomed during
most of the year made fundraising as challenging as ever. But
the commitment of our generous contributors made it possible
to feed every applicant who qualified for nutritional services -
just as we have from the first day we opened our doors

Despite these challenges, Mama's never lost its focus - making
our mission a daily reality. Our primary accomplishment was
the preparation, packaging and delivery of over 374,000 meals
and 3,250 bags of groceries. We served about 675 men, women
and children across San Diego County during 2003.

As the year came to a close, the Board of Directors unanimously
voted to initiate food pantry services for people affected by
HIV/AIDS. This represents a new expression of our mission,
and continues a tradition started in the early 1980's and continued
by the *AIDS Assistance Fund*, the *AIDS Foundation*, and most
recently by *Something Special Food Pantry*. *Something Special*
has provided food pantry services for over seven years. Their
efforts are worthy of our deepest gratitude. **Mama's Pantry**
will open its doors for services on Tuesday, February 3.

Finally, we are honored and humbled to announce that
Mama's Kitchen is the beneficiary of a \$500,000 gift from
Mrs. Joan Kroc. This gift is an affirmation of her belief in
Mama's Kitchen's mission and her commitment to help address
the problem of people affected by AIDS. This gift will be placed
in our **Mama's Promise Fund** - the Kitchen's new endowment
fund - and it will be named the *Joan B. Kroc Fund*.

By placing her gift in an endowment fund, Mrs. Kroc's gift
will be held intact and in perpetuity, meaning that Mama's
Kitchen will utilize only the interest generated from the fund
towards the purchase of food and the preparation and
delivery of meals.

Mrs. Kroc's gift validates our mission and acknowledges the
work of our volunteers and staff, our board's dedication, and
our donors' generous contributions to the cause of AIDS and
the nutritional needs of people living with HIV/AIDS.

As we move into 2004, we celebrate our accomplishments
and prepare for new challenges, confident in our community's
commitment to the mission Mama's Kitchen. Your support,
in the form of volunteer hours and contributions, affirms,
improves and provides hope for the lives of hundreds of people
in San Diego that are affected by HIV/AIDS. THANK YOU!

Sincerely,



Alberto Cortés
Executive Director

Changing of the Guard at Mama's Kitchen

Mama's is proud to announce the election of new officers to our Board of Directors, while at the same time we say a sad goodbye to several members whose terms of office recently expired. Our new Board officers are:

- president* Stacey E. James
- 1st vice president* Trent Riley
- 2nd vice president* Leslie Randolph
- secretary* John A. Pelkey
- treasurer* Dale Fisher
- member-at-large* Kelly Abbott

Our heartiest congratulations go out to Mama's Kitchen's new officers for receiving the support and confidence of their fellow Board members. We are deeply proud and fortunate to have such a capable and talented group of volunteers willing to serve as Directors of Mama's Kitchen.

Sadly, we also bid adieu to some Board members whose terms recently ended. Though their current time on our Board came to an end, most continue to offer their support and assistance in other

ways and we are grateful to all of them for their years of service to Mama's Kitchen. Here are the retiring Board members:

- >Tom D'Amico >Bryan Winke >Denise Reinicke >Phil White
- >Kathryn Cooney >Scott Elders >Robin Madlock >Susan Mazza
- >Jim Bingham >Rick Bernardo

We want to extend a special hug to former Board President Tom D'Amico. Many of you who know him may not realize that among the many hundreds of volunteers at Mama's Kitchen, Tom D'Amico has volunteered longer than all but five. Since November of 1991 – that's 12 years ago - Tom has served Mama's Kitchen and our clients with compassion and a willingness to do whatever was asked of him. His selfless concern for people with AIDS has inspired many others to help us, and his years on the Board of Directors were some of our organization's most productive.

Thank you Tom! Thank you for caring, for believing in us, and for contributing your energy, your insights and business experience, and your engaging smile. We will miss you! And we look forward to seeing you soon!

Tree of Life

c e r e m o n y

A Time of Remembrance and Hope

The "2003 Tree of Life" event held on December 1st, which is the annual commemoration of **World AIDS Day**, was attended by more than 300 community supporters. KUSI News Anchor **Kimberly Hunt** once again emceed the event and led the community in an emotional tribute and remembrance of family and friends who have died of AIDS. *The Office of AIDS Coordination*, represented by **Dr. Wilma Wooten**, Deputy Public Health Officer for the County of San Diego, sponsored a candlelight vigil and the evening culminated with the heartwarming voices of the **Gay Men's Chorus of San Diego** as they sang holiday carols.



Have a heart

Mama's Kitchen Initiates Food Pantry Services



The Board of Directors of *Something Special Food Pantry* has decided to sunset its services and has accepted Mama's Kitchen's offer to start a food pantry and continue this valuable service for people affected by HIV/AIDS in San Diego. This transition is effective February 1, 2004.

This decision was a culmination of several months of conversations between Mama's Kitchen and *Something Special Food Pantry*. After a formal presentation by Mama's Kitchen at a recent meeting of their board, Board Chair Kimberly Fritz announced: "We are very excited to have the opportunity to work with Mama's Kitchen. It will be a good thing for our clients and the community. There is the possible expansion of this program, and we feel confident that the food pantry services will continue to meet the needs of our clients."

Executive Director Alberto Cortés explained what this will mean to Mama's Kitchen: "We are thrilled for the opportunity to provide food pantry services. Mama's Kitchen can be more responsive to the changing needs of people with HIV/AIDS, and some clients using the pantry will be able to transition to the meal delivery program and vice versa. The Board of Directors and volunteers of *Something Special Food Pantry* have done a phenomenal job at maintaining this valuable service in a responsive manner. We acknowledge and celebrate their dedication."

There is a rich history of organizations that have kept food pantry services viable in our community. Prior efforts to provide this service included the first *AIDS Food Pantry* established in the 1980's, the *AIDS Foundation Food Pantry*, and the *Something Special Food Pantry*.

Nicole Murray-Ramirez, founder of the first AIDS Food Bank of the AIDS Assistance Fund shared: "Since the 1980's, the AIDS food pantry has survived because of our caring community and citizens from all walks of life. It's always been a constant struggle and with locations changing. But finally, we have found a permanent and loving home. God bless the good people from *Something Special Food Pantry* and Mama's Kitchen. Now, let us continue to support this important basic need more than ever."

Stacey James Elected Board President

The Board of Directors of Mama's Kitchen voted Stacey James to be the new Board President.

A volunteer since 1998, Stacey formerly served as the Board secretary, treasurer, member-at-large, and vice president, so her elevation to President was a reflection of the Board's appreciation of her years of service and their confidence in her leadership. Mama's Kitchen recently interviewed Stacey about her personal life and her

experiences volunteering.



Mama's Kitchen: How did you first get involved with Mama's Kitchen?

Stacey James: During law school, I worked with the San Diego Volunteer Lawyer Program (SDVLP) and the AIDS Foundation to prepare last minute wills for individuals who were dying from AIDS. After I graduated, I went to Los Angeles for two years and, when I returned, I was happy to learn that the program no longer

"I am looking forward to working with both old & new supporters to keep the mission of Mama's Kitchen alive."

existed because of a lack of need (i.e., people were living longer). While I wanted to use my legal education and experience to help the AIDS community, I couldn't because of the potential for conflicts between my paying clients and my pro bono clients. At about this same time, I learned about Mama's Kitchen and was invited to apply to join the Board. As I learned more about the Kitchen's work in the community, and its impeccable reputation, I realized this was a perfect fit. Working with Mama's allows me to provide pro bono legal services to the organization and to benefit the community by giving my time and dedication to a truly terrific AIDS organization.

Mama's Kitchen: What issues do you expect the Board to address in the coming year?

Stacey James: The year 2004 will be challenging for Mama's Kitchen. Because of the repressed economy, fundraising in the last few years has been difficult. We could not have continued so successfully without the continued support from our long-time, loyal donors and friends. Also in 2002 and 2003, Mama's received terrific press for its events and work in San Diego, and this meant many more San Diegans learned about the organization and became volunteers, donors, and sponsors. I am looking forward to working with both old and new supporters to keep the mission of Mama's Kitchen alive.

CORPORATE CONNECTIONS

The corporate subcommittee, headed by former board member and SAIC employee Jim Bingham, was hard at work in 2003. As a result we received gifts from the following companies who joined our Corporate Kitchen Cabinet this year. The Corporate Kitchen Cabinet is a special giving program designed for businesses and corporations who make annual monetary contributions to Mama's Kitchen. We would like to acknowledge some of our Corporate Kitchen Cabinet members:

Pastry Chef

\$1000-2499

Atlas Management & Healthcare Consulting, Inc.
Bankers Hill Properties
Cell Genesys
Crider & Associates
Cubic Corporation
Devin Properties
San Diego City Homes

San Diego National Bank
The Pennysaver Foundation
WD-40 Company
Zale Corporation

Chef

\$500-999

ITLA Capital Corporation
Maintenance Warehouse



Mama's Opens Her House

Starting at top: Major Supporter Frances White and Board Member Dale Fisher; "Mama" and Edith Glassey; Volunteer of the Year Larry O'Brien and "Mama"; Board Member Kevin Leap and San Diego Magazine Editor Tom Blair; Donors Gerry and Ingrid Hoffmeister

Mama's Kitchen Participates in AMA's Cause Conference

Mama's Kitchen will be participating in the 6th Annual Cause Conference put on by the San Diego Chapter of the American Marketing Association (AMA). The Cause Conference is San Diego's largest marketing partnership conference and is designed to bring together non-profits and corporations to learn how to develop effective cause and partnership marketing initiatives.

THE 6TH ANNUAL CAUSE CONFERENCE

"Do well by doing good"

April 29, 2004 at the Hilton San Diego Mission Valley

A food drive will be held at the event to benefit Mama's Kitchen. Alberto Cortés, executive director for Mama's Kitchen, will address the conference attendees to tell them about the work that Mama's Kitchen does in the San Diego community. **To learn more about the conference, please go to www.sdama.org.**

LIVE
at Bourbon St.

Thanks to all who made our Annual Wine Tasting Event at Bourbon Street a Success



Executive Director Alberto Cortés, Bourbon Street owner Bob Lehman and General Manager Jon Sillman.



Leaving a *Legacy* for Mama's Kitchen

MK Receives Bequest from Joan B. Kroc Estate

The late Joan B. Kroc, San Diego's most esteemed philanthropist, left a \$500,000 bequest to Mama's Kitchen. "This gift is an affirmation of Mrs. Kroc's belief in our mission, and in Mama's Kitchen's vital role in the community. Most importantly, it is an affirmation of Mrs. Kroc's commitment to the continuing need to address the AIDS epidemic," says Executive Director Alberto Cortés.

Joan Kroc's entire \$500,000 gift will be placed in our Mama's Promise Fund, Mama's Kitchen's newly established endowment fund. "Mrs. Kroc's gift is the single largest gift ever received by Mama's Kitchen. Our promise is to be here for the community for as long as our services are needed. Joan Kroc's gift will ensure our future viability as a small and fairly young nonprofit organization," explains Director of Development Edith Glassey.

With the onset of new drug therapies, people with HIV/AIDS are living longer and the nutrition provided by Mama's Kitchen is critical to the effectiveness of the medications. In addition, the "changing face" of AIDS also means that more

"[It's] the single largest gift ever received by Mama's Kitchen."

minorities are being affected by the epidemic. Most recent data indicate that almost 50% of Mama's Kitchen's clients are African American and Latino, and many are women and children.

Executive Director Alberto Cortés explained what this gift will mean to Mama's Kitchen: "We have never turned anyone away who has needed our services. The bequest from Joan Kroc will ensure that we will not have a waiting list of clients. Each day as we prepare and deliver our meals throughout San Diego County, we will be reminded of Joan Kroc's generous spirit. Her gift validates our mission and the positive impact that our volunteers, staff, and board have on the San Diego community."

Estate Planning Seminar

Mama's Kitchen Co-Hosts Estate Planning Seminar with San Diego Human Dignity Foundation and The LGBT Center

On November 19th over 60 guests were treated to an informational luncheon meeting on the basics of charitable gift and estate planning. The event was the brainchild of Mama's Legacy Committee Chair J. Randall Gladden. Randy has been a long-time supporter of Mama's Kitchen and suggested years ago that we present an educational forum on estate planning especially designed for the LGBT community.

The community response to this first-ever collaborative session by the three co-sponsoring organizations was positive. Panel speakers included Estate Attorney Mary Clarno, Financial Planner Jamie Fleming, Certified Public Accountant Darryl Golemb, and planned giving professional Dave Ricks. The estate planning experts were also joined by three donors who have included at least two of the three sponsoring organizations in their estate plans. We thank our panel speakers, The Abbey Café for partially underwriting the lunch, and The Center for lending us the use of their auditorium to host the forum and for handling the reservations.

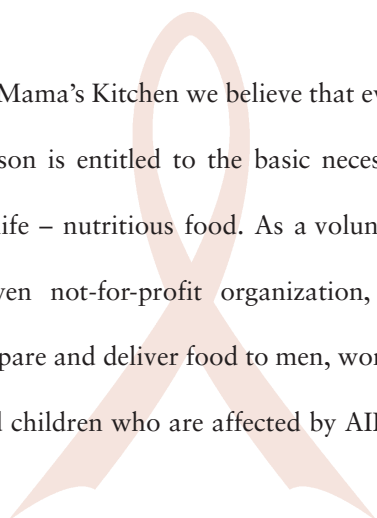
LEGACY CORNER

New Donors Announce Inclusion of MK in Their Estate Plans

The year 2003 was remarkable for donors stepping forward and announcing that they had included Mama's Kitchen in their estate plans. Donors who support Mama's Kitchen in this way automatically become members of our **Legacy Club**. This group of supporters is a very special part of our family and we are pleased to announce the following members of our *Legacy Club*:

- ~ Mary Alplanalp
- ~ Jack Bungay
- ~ Gene Burkard
- ~ Tim Brouillette
- ~ Les Cohen
- ~ Tom D'Amico and Randy Sulzer
- ~ Jim Dexter
- ~ Garrett Fox and Cliff Cox
- ~ Butch Furches and David Henbest
- ~ Marcy Goldstone
- ~ Howard Guidry
- ~ Gary Humbracht
- ~ William Hughes and John Davis
- ~ Judy Lidstrom
- ~ Alison Luedecke and Peter Lawthers
- ~ Faith Maybury
- ~ Michael Molino
- ~ Adrian Plante
- ~ Shirley and Leonard Rosen
- ~ Barbara Stark
- ~ Steven Singleton

At Mama's Kitchen we believe that every person is entitled to the basic necessity of life – nutritious food. As a volunteer driven not-for-profit organization, we prepare and deliver food to men, women and children who are affected by AIDS.



calendar of events

- Jan. 29** Board of Directors Meeting
- Feb. 3** Mama's Pantry opens for business
- Feb. 8** Annual Valentine's Day Ice Cream Social (1:30-3:00pm)
- Feb. 11** Volunteer Orientation (6-7pm)
- Feb. 26** Board of Directors Meeting
- Feb. 26** Volunteer Orientation (6-7pm)
- Mar. 9** Volunteer Orientation (6-7pm)
- Mar. 24** Volunteer Orientation (6-7pm)
- Mar. 25** Board of Directors Meeting
- April 22** Mama's Day pre-event reception at Neiman Marcus
- April 29** Board of Directors meeting
- May 7** 13th annual MAMA'S DAY The Coolest Event of the Year!
- May 27** Board of Directors Meeting
- June 24** Board of Directors Meeting

Tell A Friend!

You can always contact Mama's Kitchen for more information (619) 233 6262 • www.mamaskitchen.org

continued from page 5

Also, in 2004, Mama's will embark on a new venture – Mama's Pantry – a food pantry for individuals and families affected by HIV and AIDS. Now more than ever before, we will ask the community to step forward and support the work of Mama's Kitchen. HIV/AIDS is still a horrible reality in our community and much is left to be done for those living with this reality.

Mama's Kitchen: *Why are you so interested in AIDS-related causes?*

Stacey James: Because of a personal loss I experienced. In 1993, my best friend and roommate from college, Amy Bechtel, died of AIDS. She was only 25. Amy went so quickly – only three years after her diagnosis. I will never forget how the disease attacked as her family and I watched helplessly while she wasted away to nothing. I remember her struggle to try and eat and maintain her weight when the disease and the medications completely deprived her of an appetite. Had Amy had the benefits of Mama's Kitchen, I truly believe she would not have left us so quickly.

Mama's Kitchen: *You alluded to this earlier – what have you personally received from your volunteer work with Mama's Kitchen?*

Stacey James: An amazing appreciation for what humans working together can accomplish. Mama's Kitchen is wonderful because everyone involved (staff, volunteers, directors, donors) all dedicate their time and energy to the betterment of our clients and the HIV/AIDS community in general. I have never seen anyone involved with Mama's lose sight of the number one priority – the clients. I am constantly amazed that we can get more than 1000 meals to almost 400 clients every day. It is an astonishing feat.

SEND QUESTIONS/COMMENTS TO:

MAMA'S KITCHEN, 1875 SECOND AVENUE, SAN DIEGO, CA 92101
 OR CALL: 619.233.6262 • MAMASKITCHEN.ORG

WHAT'S COOKING
 W I N T E R 2 0 0 4

Editorial Team:
 Edith A. Glassey
 and Alan Harris

Contributors: Jennifer
 Clark, Alberto Cortés
 and editors

Designer: Terry Parish
 Photography: Melissa Jacobs