



Table of Plenty in Chelmsford Newsletter

The Chelmsford Business Association



Established in 1990, the Chelmsford Business Association is a group of nearly 300 businesses that operate in the town of Chelmsford. Over the years, Table of Plenty has been fortunate to build a strong relationship with the CBA's members, many of whom have sponsored meals and helped to serve at our dinners.

In March, our Sponsor Coordinator, Kathy Clark, attended a CBA meeting to give an update on Table of Plenty, and she was

presented with a generous \$250 donation. Seen here presenting the check are Kathy Kelley, President of the CBA; John Harrington, Executive Director of the CBA; Kathy Clark of Table of Plenty; and Tom Boucher, Vice President of the CBA.

Kathy commented, "We continue to look forward to the businesses in our town supporting Table of Plenty dinners which are so important to our town's citizens."

April 2016

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The Sous Chef in the Kitchen



Louis with Chef Doug Drake

Louis is a sixteen-year-old sophomore in high school. A little over a year ago, he began attending meals at Table of Plenty with his mother and brother. After the meal, he would ask how he could help out, and he very soon gravitated to the kitchen. One of our chefs, Doug Drake, says, “Louis is a fast learner and both excited and willing to take on new tasks. He has a sharp wit. After the guests have been served dinner, he enjoys walking through the dining room to say hello and “press the flesh” so to speak. He is an asset to the kitchen team and puts a smile on all of our faces.”

Louis’ goal is to be part of an ROTC program and ultimately to enlist in the Army. Thanks, Louis, for your service to Table of Plenty!

YES, POLLY, THERE IS A SANTA CLAUS!



Santa took time out from his busy schedule this past December to visit Table of Plenty and serve our guests. The cooks prepared a delicious ham dinner. Gift cards to Market Basket, compliments of St. Mary Spirit of Christmas, were given out to all. Many thanks to our friends at St. Mary’s!

Once again, this year’s holiday dinner was sponsored by an anonymous donor who we like to call “Clarence” after the angel in the movie *It’s a Wonderful Life*. Thank you, Clarence — you really are an angel!

In this picture, Santa serves Table of Plenty’s **20,000th** meal to Polly!



1st Annual Benefit Classic Car Show and Cruise-In

Sunday, June 5, 2016

9:00 AM to 2:00 PM

Chelmsford Lodge of Elks

Littleton Road, Chelmsford, MA



FREE ADMISSION!
DONATIONS WELCOME!

*** Food and Beverages * Trophies * Raffles * Music**

*SPECIAL RAFFLE! Take a chance at winning a rendering of your car by Chelmsford Native **Ben Hermance of Hermance Design**. A \$900 Value! Ben's work has been featured in *Hot Rod, Camaro Performers, Truck Trend, Truckin', and Mustang & Fords*.*

All proceeds to benefit the Chelmsford Veterans Memorial Park.
For more information go to www.chelmsfordveteranspark.org.

Meet Another of Our Volunteer Teams



JANE RITTER'S TEAM

Pictured: Front Row: Mary Hocknell, Marianne Hutchins, Leslie Koresky, Peter Hocknell, Pat Dewitt. Back Row: Cathy Klingman, Bill Hutchins, Jane Ritter, Claudia Roper

Missing from picture: Irene Lackey, Sharon Boyer, Mike Carignan, Barbara Madden, Sheila Dinsmore, Nancy Meyer, Jane Potsaid, and Chris Woodward

When Table of Plenty first started, its Volunteer Coordinator at the time, Marianne Hutchins, asked her neighbor, Irene Lackey, if she'd like to lead a team. Irene and Marianne recruited many friends who made up the original team. Jane Ritter was interested in volunteering with TOP and soon joined the team as well. When Irene had knee surgery and thought it best to have someone else run the team, Marianne knew that she didn't have to look far. Jane had the leadership qualities and managerial know-how to take over, and she has been heading up this dynamic group ever since.

Thank You to Our Meal Sponsors

- ◆ Best Western
- ◆ Chelmsford Cribbage League
- ◆ Mary Fedele, In Memory of Jim
- ◆ Tim and Heather Clark
- ◆ Chelmsford Women of Today
- ◆ The Sullivan Family, In Memory of Eric
- ◆ Ted Sihpol, In Memory of Dawn
- ◆ The Wilmington Book Club
- ◆ Susan Mathews, In Memory of Priscilla Rega

Sponsoring A Meal



If you or your business are interested in sponsoring a meal, contact Table of Plenty at 978-710-8EAT(8328) or tableofplentyinchelmsford@gmail.com.

SHEPHERD'S PIE—A Recipe from our Chefs

Table of Plenty Shepherd's Pie

Recipe refined by Kirk Marshall

Ingredients

- 4 large potatoes
- 1 tablespoon finely chopped onion
- 1/4 cup shredded Cheddar cheese
- salt and pepper to taste
- 1 one pound bag carrot/pea mix (frozen)
- 1 cup frozen corn kernels (optional)
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 pound lean ground beef
- 2 tablespoons all-purpose flour
- 1 tablespoon ketchup
- 1/2 tablespoon Worcestershire sauce
- 1 cup beef broth
- 1/4 cup shredded Cheddar cheese



Preparation

1. Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and mash. Mix in butter, finely chopped onion and 1/4 cup shredded cheese. Season with salt and pepper to taste; set aside.
2. Preheat oven to 375 degrees F. Defrost frozen carrots, peas and corn.
3. Heat oil in a large frying pan. Add onion and cook until clear. Add ground beef and cook until well browned. Pour off excess fat, then stir in flour and cook 1 minute. Add ketchup, Worcestershire sauce and beef broth. Bring to a boil, reduce heat and simmer for 5 minutes.
4. Spread the ground beef in an even layer on the bottom of a 2 quart casserole dish. Next, spread a layer of carrots, peas and corn. Top with the mashed potato mixture and sprinkle with remaining shredded cheese.

Bake in the preheated oven for 20 minutes, or until golden brown.

Note: For added flavor you may add a 1/4 teaspoon each of ground thyme and sage to the meat mixture as it simmers.

President's Message

Over the years, we have been asked where the name "Table of Plenty" comes from. In our humble beginnings, when a group of us were sitting around my dining room table discussing the need for a free community dinner, one of our original founders and Board Members, Debbie Kendrick, suggested the name. It is the title of a popular hymn sung in church. Some of the lyrics,

which are very appropriate for our organization, are:

*O come and eat without money,
come to drink without price
My feast of gladness will feed
your spirit, with faith and full-
ness of life.*

This spring we wish all who come to eat and drink at the Table of Plenty in Chelmsford that their spirit is as nourished as their body!



Maureen McKeown

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	Volunteer Coordinator Mary Fedele

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