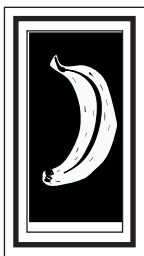


Notes from the Haight Ashbury Food Program

Winter 2005

Feedback



Carl Munger Dedication

By
Kenneth
Hecht

Saturday, June 18, 2005, was a banner day for the Food Program. Friends of the Program gathered at 4 PM in the newly remodeled HAFP dining room to celebrate its completion and to dedicate the room to the memory of HAFP's founder and first board president Carl Munger, who passed away last year.



Carl Munger Dedication - A beautiful food presentation

A warm tapestry of memories of Carl was woven together at the brief ceremony by Kathy Munger, Carl's wife; John Meehan, HAFP's first executive director; Mark Salkind, Carl's successor as head of the Urban High School (HAFP's neighbor and

the source of many, many volunteering students), and by current HAFP board chair Peter Albers. Amazing canapés were on hand, created by chef Dan Vegas and his culinary students from HAFP's job training program.

holds HAFP together, and funds for them, while hard to raise, are critical for the soup kitchen's operation.

In 1983, Carl, along with John Meehan (who was on hand to add his



Carl Munger Dedication - Presentation of a plaque establishing "Carl Munger HAFP Hall of Fame" at the Community Kitchen. Left to Right, Ed Steinman, Ken Hecht, Carl's daughter, Kathy Munger, Peter Albers, and Mark Salkind

memories of starting the soup kitchen with Carl), gathered a group of concerned neighbors and created a soup kitchen aimed at providing a healthy meal to young moms, out-of-work adults, families caught short, and others in need in the

In addition, board chair Peter Albers announced the establishment of the HAFP Carl Munger Fund. The Fund, reflecting the down-to-earth values that Carl featured throughout his life, the new Fund will be devoted to buying and replenishing the basics that are unexciting but indispensable to HAFP – the bowls and mugs that tend to disappear, the pots and pans that are used everyday to cook our great meals, even new dining tables when we have to replace the ones that Carl himself built and gave us. Carl knew that these day-to-day tools are the glue that

Haight. Twenty-three years later, the Haight Ashbury Food Program continues to be a testament to Carl's leadership, vision and caring.



Carl Munger Dedication - Guests enjoying the good food and conversation

FEEDBACK

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STAFF

Nyna Pais-Caputi	Dan Vegas
Ash Remwa	Judy Woods

Community Kitchen Statistics

HAFP serves a hot, nutritious lunchtime meal four days a week, 52 weeks a year.

Number of meals served in FY 2004	.63,434
Average number of meals served per month	.5,286
Average number of meals served per month to seniors	.898
Average number of meals served per month to parents and children	.430

Job Training Statistics

Number of culinary students trained to date (Class 24)	.150
Percentage of enrolled students earning a Certificate of Completion (COC)	.82.4%
Percentage of students with a COC becoming employed	.80.6%
Percentage of students remaining employed for one year or longer	.67%
Average hourly starting wage for employed students	\$.10.97

Please Update Your Records

On September 1, 2005 HAFP closed the 270 Divisadero Street location and moved the Job Training Project to the Community Kitchen location at 1525 Waller.

HAFP's mailing address has been change to:

PO Box 170202
 San Francisco, CA 94117

Haight Ashbury Food Program
 www.thefoodprogram.org

Community Kitchen & Job Training
 1525 Waller Street
 (Mailing PO Box 170202)
 San Francisco, CA 94117
 415.566.0366 - Food Service Project
 415.682.4158 - Job Training Project
 fax 415.682.3660



Student "On The Go"

By
 Rosamond
 McGuinness

It is no exaggeration to say that the Food Service Job Training Project (FSJTP) is indispensable to society in San Francisco for both its ideals and its achievements. Furthermore, it is unique, anticipating by a number of years what the well-publicized English chef Jamie Oliver set out to do with his "Fifteen". The FSJTP is a small program, so individually orientated that those who are



Gayle Hart - Graduating

enrolled receive preparation for life and job skills with a care and consideration that is exemplary. Like the Haight Ashbury Food Program, initiated in 1983, the FSJTP has been committed to sustaining a program based on compassion, respect and empowerment, while fostering a sense of belonging and self worth for all involved. More than 150 individuals throughout twenty-four classes (since its inception in 1997) have become prepared for mainstream jobs in catering and food preparation. Versatile, perfectionist, and humane tutor Chef Dan Vegas grooms them not only in bulk and individual cooking, but in safety and sanitation as well. With tender, loving care and professionalism, Job Training Manager Nyna Pais-Caputi trains them in such life-skills as time management and computer literacy, in addition to supporting them when any difficulties arise, personal or otherwise, that may impede their progress.

The FSJTP is a vocational training program of wide scope not only recognized by the government, but also respected by professionals involved in some capacity with catering or restaurant work. Participants in the program are selected from a variety of backgrounds with a policy of non-discrimination prevailing. Everyone who applies is given fair, balanced consideration even if previously they have found it difficult to get or keep employment for a variety of reasons. All too often the causes for the latter are extenuating circumstances beyond their control. Largely due to the rigor of the course and the atmosphere in which the program is conducted, few of the

students by the end fail to realize that they are more capable than they had previously thought themselves to be. They seem to emerge with a mind-set that can serve them well in the wider world. Now they find that they are able to say "yes" to life and "yes" emphatically to what up to then had seemed merely a mirage on an increasingly diminishing horizon. As one student put it with enthusiastic gratitude, the FSJTP offers a stepping-stone to all sorts of positive possibilities in the future. There is nothing like bringing the course to a successful conclusion and subsequently finding permanent employment to see and feel a self-worth not previously experienced.

One student who stands out is Gayle Hart. She is an inspiration. What this young African-American woman has done and is doing with her life stands as a beacon of hope for those who see no way to convert the negative in their lives to the positive or even conceive of anything positive. Habitual ways of thinking and an absence of perceived opportunity have left them subsumed in a vortex of negativity even though they may passionately long for change and for the self-respect, acceptance and inner peace that may bring.

One has to be with Gayle for only a few minutes to realize that here is an extraordinary person. Here is a young black woman with a clear vision of what she hopes to achieve in life and with the courage, steadfastness and discipline to make her goal a reality. Not for her to be immobilized by adversity in her life; the absence of material privilege as the youngest child in a family of eighteen children; the hardship of being a single mother at twenty with an uncertain and wavering income; the difficulties of raising her son in an unsuitable housing project that does not offer the sort of environment for the values she embraces for herself and her son. Gayle exudes an indomitable spirit. She has courage and has obviously long acknowledged that without it there is no affirmation of life and without affirmation, there is precious little left of life.

After achieving her GED at John Adams, she studied Child Development briefly at City College, playing on their basketball team. Subsequently she worked for 3 1/2 hours a day at the Unified School District. For eleven years she was in and out of jobs, often not getting paid. She found herself overwhelmed by the desire to get a stable job, preferably non-profit, and to be able to move herself and her

son out of their present housing project and into a more suitable home. In March 2005, she enrolled in the FSJTP

Once embarked on the FSTJP, Gayle loved every aspect of the course. The weekly tests, such hurdles as the terminology of tools and bacteria, the Chef's demanding presence, the overall atmosphere, and most other aspects of the course---these she saw as being grist to the mill and she found herself absolutely thriving on the challenges. Even though she had to have surgery in the midst of the course, she did well in the end, gaining the highest mark and with her deep faith and belief in life enhanced.

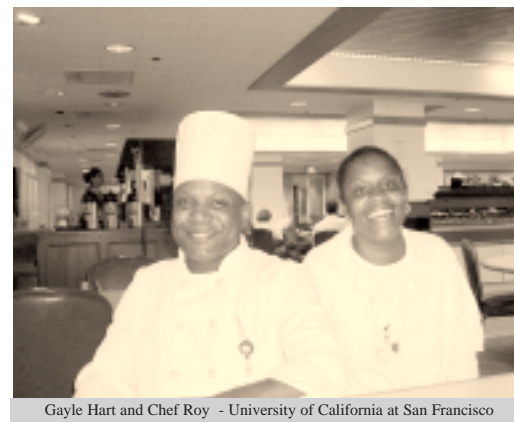
Throughout the course the students are taken to see various institutions at which internships are possible. Gayle was attracted to the kitchens at UCSF hospital and applied for and received an internship almost immediately after she graduated from the FSJTP in June 2005. On her first day as an

intern she declared her determination to get a permanent job there. That she did when her internship finished, impressing the Executive Chef, Roy Sullivan with her commitment to the work, her consistently conscientious attitude to what was demanded of her and her punctuality. In describing the impression she made upon him, the Chef Roy noted that her demeanor showed unquestionable respect for herself and her responsibility as well as a sociability that was appreciated. In fact, although apparently such early commendation is unusual, while she was still an intern, one of the patient's praises merited her a star on her identification card.

The rounding out of her talents and personality attests to the value of the FSJTP. In her case, the mission of the program and her personality were in complete and creative synchronization, with benefit to both. For the present, UCSF is the recipient of what she has to offer. Ultimately, one knows for certain, the person she has become will be of value to the wider world. Step by step she intends to move closer to her passionately held goals of a better life for herself and her son and to achieve it as soon as possible. Accompanying each step is a continuously invigorated positive energy that is not only exhilarated, but also exhilarating. And pervasive in her outlook is an unflinching gratitude to the FSJTP:

"Without it, I don't know where I'd be."

The Haight Ashbury Food Program is proud of Gayle and her achievements.



Gayle Hart and Chef Roy - University of California at San Francisco



Gayle Hart at work - University of California at San Francisco



Our Vital Volunteers

By
 Judy Woods

Since our founding in 1983, the Haight Ashbury Food Program has benefited from the contributions of thousands of volunteers from all over the world and all over the neighborhood. Volunteers are the lifeline of the organization, and help us to do everything from folding newsletters to dicing carrots for our daily meals and decorating tables for our holiday events. Volunteers come to us in all shapes and sizes, from small children to grandparents. We are profoundly grateful for the contributions made by all of our volunteers. But among the more than 3,200 volunteer shifts per year filled by generous members of the community, one of our most steadfast volunteers is Randy Webb.



Randy mugging for camera.

Although Randy is developmentally disabled, he gives his all. He considers the program his second home, and volunteers during meal service nearly every day. Whether he is helping in the kitchen, the dining room, or the office, Randy always pitches in and does more than his share. And he has been helping us at HAFP for nearly 22 years. He is truly a member of the family.

Randy enjoys skiing and camping, and also loves to smile and laugh, which you can almost always catch him doing while he works.

The Haight Ashbury Food Program exists thanks to our benefactors and friends, but it is not that simple. What makes the program what it is also depends on people like Randy; people with the strength and perseverance to overcome their personal challenges and contribute where they are able.

The Haight Ashbury Food Program offers our sincerest gratitude to our most dedicated and long-term volunteer for nearly 22 years of service with a smile: Our hats are off to Randy Webb.



Our Guest Chefs

By
Nyna
Pais-Caputi

On Monday, December 5th, volunteers and guests of the Haight Ashbury Food Program were treated to various tapas, - empanadas, pinchos morunos (chicken skewers), patatas bravas (fried potatoes), garbanzos con aioli (garbanzo stew with ravioli sauce), huevos rel-



Guest chef Laurent Bornier getting help from graduate Carol Lu.

might expect to find a menu like this at one of San Francisco's finer dining establishments, but this sumptuous meal was prepared at 1525 Waller Street by our



Guest chef Susan Stampke instructing student Mani Thapa



Graduate Michael Argan bright

as part of the HAFP's developing Center of the Plate project.

lenos (stuffed eggs) and tosta de verduras (vegetables crostini). You



Guest chef, Gualterio Fernandez instructing students Vincent Harris (left) and Muzze Crawford (center foreground)

Feedback from Michael Arganbright, also a graduate from Class 20, and other graduates of the program indicated that our students were interested in learning to prepare gourmet meals for smaller groups, in addition to cooking large meals for 300 or more people. As a result, the 'Center of the Plate' project was recently added to the Job Training curriculum.

Every Monday during the twelve-week training course, guest chefs from various culinary facilities in San Francisco volunteer several hours of their time to teach our students the skills and techniques in the culinary arts and fine dining.

Many guest chefs are from around the globe and our students have had the opportunity to learn Spanish, Asian, French, German and other International cuisines, including dishes like paella, chow mein, Roman egg drop soup, crème caramel and Schupfkuchen.

According to Wendy Brook, (Class 24), "I used to work as a waitress in a fine dining restaurant and I never realized how much creativity and work is involved in preparing the Center of the Plate.

I am really glad I had the opportunity to learn from all these expert chefs the art and techniques that go into not just making the food delicious but also very attractive and pleasing to the eye."

If you would like to join us on a Monday for a Center of the Plate meal, please call Nyna at 415-566-4158 or email nyna@thefoodprogram.org



Guest chef Ann Kong with Class 22

OUR GUEST CHEFS

Ann Kong
Head Chef
Maitri, San Francisco

Bruce Paton
Executive Chef
Cathedral Hill Hotel, San Francisco

Danny Higginbotham
Executive Chef
Walden House, San Francisco

Laurent Bornier
Owner/Chef
L'Amour dans le Four, San Francisco

Susan Stampke
Pastry Chef
Chaja, San Francisco

Walter Fernandez
Sous Chef
Harvest Urban Market
Personal Chef, Catering

If you are a chef and would like to volunteer a few hours of your time to teach our students to cook a 'Center of the Plate' meal on a Monday, please call Nyna Pais-Caputi at 415-566-4158; nyna@thefoodprogram.org