

# meal times

SPRING 2009 Volume 16, No. 1

A newsletter for the friends of Meals on Wheels of Central Maryland



**Y**ou are reading this letter because you are a volunteer, a donor, a sponsor, or an admirer of Meals on Wheels of Central Maryland. In some way, you help enrich the lives and souls of our clients. They depend on you not just for nutrition, but, in many cases, for your friendship and personal care.

I've been out delivering meals and meeting the people who benefit from our efforts. To me, the most touching aspect of a visit is when an elderly person and I speak

about the past. I realize that, collectively, these people have built the world in which we live and I have benefited from their hard work. And then I'm struck by this fact – Why shouldn't I give back to them?

More financial support, of course, is the answer to keeping these services going, so the top chefs in the region are once again presenting the Culinary Extravaganza, scheduled

this year on Monday, May 4, at The Hippodrome. It is our 17th Annual event and some of us chefs have been there every year, serving some of the finest food so that our clients have a better quality of life.

Just as so many Culinary guests have been attending the event for many years, we're also beginning to discover that even some of the participating chefs have a sentimental link to the Meals on Wheels program, like my old prodigy, Chef Paul Glomp, who you'll read about on page 4.

Details on the Culinary Extravaganza appear below. I hope to see you there!

Gratefully,

Jerry Edwards CPCE  
President, Chef's Expressions Catering and Consulting

## Meals on Wheels presents the 17th Annual Culinary Extravaganza — "The Story of the Meal"

**Monday, May 4, 2009**

6:00 p.m. – 9:00 p.m.

The M&T Pavilion at The France-Merrick Performing Arts Center (The Hippodrome)

12 N. Eutaw Street, Baltimore

### Major Sponsors at Press Time

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WYPR-88.1 FM  
WCBM-680 AM



To find out more about the event, become a sponsor, or to purchase tickets, log on to [www.mealsonwheelsmd.org/culinary](http://www.mealsonwheelsmd.org/culinary), e-mail [events@mowcm.org](mailto:events@mowcm.org), or call Debbie Brown at 443-573-0929.



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Meal Times is the official Newsletter for the Friends of Meals on Wheels of Central Maryland.

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Meals on Wheels of Central Maryland, Inc. is a 501(c)(3) nonprofit organization, donations to which are tax deductible to the fullest extent allowed by law. A copy of Meals on Wheels' current financial statement is available upon request by contacting Meals on Wheels at 515 South Haven Street, Baltimore, Maryland 21224 or by calling 410.558.0932. Documents and information submitted to the state of Maryland under the Maryland Charitable Solicitations Act are available from the Office of the Secretary of State for the cost of copying and postage.



Photo by Michele C. Lucht, U.S. Navy Petty Officer 2nd Class

**Praxis Engineering Charity Golf Outing  
Friday, May 8, 2009**

8:30 a.m. – Shotgun Start - \$100 person  
Compass Pointe Golf Course  
9010 Ft. Smallwood Road  
Pasadena, MD 21122

Praxis Engineering, located in Annapolis Junction, will donate the proceeds raised at this event to Meals on Wheels. For more information, visit [www.mealsonwheelsmd.org](http://www.mealsonwheelsmd.org).

**The 3rd Annual Turbo Turtle Splash!  
Saturday, June 6, 2009**

10:00 am.  
Notre Dame Preparatory School  
(Indoor Swimming Pool)  
815 Hampton Lane  
Towson

There'll be LOTS of checkered flags, a ton o' turtles, PRIZES galore, music, face-painting, turtle tattoos, balloons, and more! Each turtle adoption of \$5 provides a nutritious meal to a homebound client.

To find out more about the event, become a sponsor, or adopt some turtles, visit [www.turtlesplash.com](http://www.turtlesplash.com)

**Guest Bartending & Charity Dining Event  
The Mt. Washington Tavern  
Wednesday, October 7, 2009**

6:00 p.m. – 2:00 a.m.  
5700 Newbury Street  
Baltimore, MD 21209

Come meet and greet Meals on Wheels' Guest Bartenders, nosh on some nibbles, bid on some auction items, and have an overall great time! For more information, visit [www.mealsonwheelsmd.org](http://www.mealsonwheelsmd.org).

**The 2nd Annual 5K & 1 Mile Family Fun  
Run/Walk (Lead Sponsor W. R. Grace & Co.)  
Saturday, November 7, 2009**

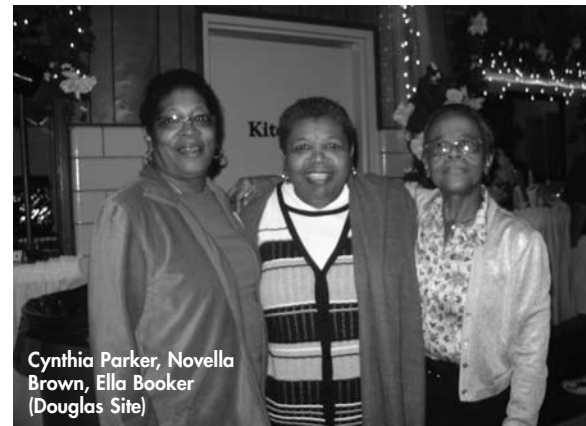
9:00 a.m.  
Meadowbrook Park (off Route 100)  
Ellicott City

A great time was had by all last year (see photo above) – runners, walkers – even the “Stroller Set.” So mark this family event on your calendar now and be checking out our web site ([www.mealsonwheelsmd.org](http://www.mealsonwheelsmd.org)) for more information in the coming months.

If you're interested in becoming a sponsor for the event, e-mail [events@mowcm.org](mailto:events@mowcm.org) or call Debbie Brown at 443-573-0929.



# The 48th Annual Volunteer Recognition Event



Cynthia Parker, Novella Brown, Ella Booker (Douglas Site)



Marie Doyle, Lois Gross (Beatrice Strouse Award Winner), Peg Sheeler



St. Anthony Site Volunteers

“Our Volunteers are Picture Perfect” was the theme of the 2008 Annual Volunteer Recognition Event, held on October 12, at the UAW Hall on Oldham Street. Board member **Lois Gross** was presented with the Beatrice Strouse Award by Tom Grazio, Meals on Wheels executive director. The Ernestine McCollum Award, recognizing the top Meals on Wheels Volunteer of the Year, was awarded to **Virginia Hale**, a St. Martin’s Site volunteer packer since 1980. St. Anthony’s Site volunteer **Doris Argo** was also presented with a special certificate upon her retirement as a Meals on Wheels volunteer after 35 years of service.

A special award was presented to **John Brain**, Towson University faculty member in the Department of Mass Communication, in recognition of his invaluable contributions to Meals on Wheels as a member of the Marketing Committee since 2001.

At the Anne Arundel County site luncheons this past year, the following host sites were recognized for their hospitality to the Meals on Wheels Program over the years. Those sites are: Robert A. Pascal Senior Center (Glen Burnie); Woods Memorial Presbyterian Church (Severna Park); and St. Martin’s Evangelical Lutheran Church (Annapolis).

## Congratulations to our 2008 Site Volunteers of the Year



### Anne Arundel County

#### Glen Burnie

Esther Burgess

### St. Martin’s

Virginia Hale

### Woods

Eileen Smith

### Brown

Nancy Rouse

### Bowley’s Quarters

Muriel Brigouleix

### Carroll County

Mary Maness

### Central

James Scott

### Douglas

Cynthia Parker

### Dundalk

Virginia Fitzgerald

### East

Mel & Phyllis Gray

### Faith

Hope Benson

### Hampden

Betsy & Bernhard Bang

### Harford County

Morita & Robert Bruce

### Howard County

Carolyn May

### Laurel

Larry Bird

### Liberty

Nancy deLaski

### Montgomery County

Mary & Richard Beiter

### Sherwood

Janet Bowen

### Social Security

Cara Rose

### South

Sylvia Weaver

### St. Anthony

Samuel & Dorothy Jones

### Towson

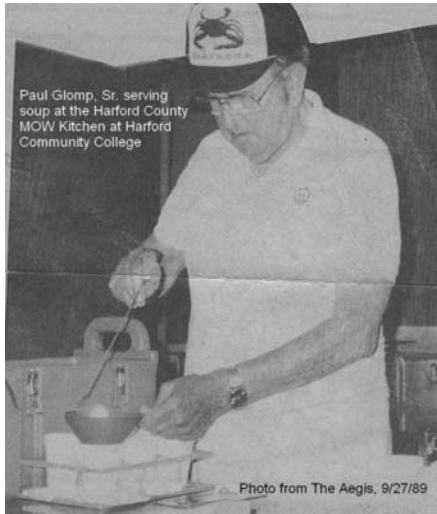
Lawrence “Larry” Kiefer

### Weinberg

Dena Gerber

### West

Mary Claire Walsh



# Chef Paul V. Glomp, III — A Personal Story

While turning page after page of archived Meals on Wheels photos and press clippings, one photo, and particularly its caption, stood out. “Paul Glomp, Sr. serving soup at the Harford County MOW Kitchen at Harford Community College.” The photo appeared in the Harford County daily paper, *The Aegis*, on September 27, 1989. This needed to be checked out.

“Wow! That’s my Pop-Pop,” exclaimed Chef Paul V. Glomp, III, Executive Chef at The Johns Hopkins Club, and a steadfast supporter and participant chef at Meals on Wheels Culinary Extravaganza events. “My Pop-Pop was Senior, my Dad was Jr., and I’m III.”

“This is all about connections and parallels in our lives,” said Chef Paul. “My first Meals on Wheels Culinary Extravaganza was the third annual event at Harbor Court Hotel. It was May 3, 1995 – I remember because May 3 is my father’s birthday. This was the first time I got to participate in something that my grandfather introduced me to years ago. My Pop-Pop would take me along with him while he delivered meals to clients and I just remember so vividly giving the clients the meals and then just sitting down and having conversations with them. I didn’t know that I wanted to be a chef back then – I was maybe 14 or 15 years old. But here I am – this whole experience has just come full-circle.”

Chef Paul’s first culinary experience was working with Chef Jerry Edwards in the early 90s at Chef’s Expressions.

“At my first Culinary event I remember Jerry pointing out all these big name chefs across the room and I was just there carving, as Jerry’s sous chef, and I remember that I had a lot of fun and I got to see a different side of the culinary industry – that sometimes we’re not always ‘on the line’ so to speak. There were people who appreciated what we chefs can do, not just in turning out great presentations and great food, but our potential to give back to the community. It felt good.”

After four years with Chef Edwards, Chef Paul moved to The Suburban Club as Chef Jonathan Charmatz’s sous chef. He stayed connected to the Culinary Extravaganza because Chef Charmatz was a long-time participant, as well. When Chef Paul moved to The Elkridge Club in 1999, he contacted Meals on Wheels and delivered the following message: “Hey, I don’t want to miss the Culinary Extravaganza - I want to keep on doing it!”

“Here we are, 14 years later. The Culinary Extravaganza is close to my heart because of the relevance of what my grandfather did. He handed down to me the ethic of giving back. No matter how high you reach on any ladder of achievement, there are always people who can use your help.”



**Chef Paul V. Glomp, III, Executive Chef, The Johns Hopkins Club**

## Community Ambassador Program

If you like meeting and speaking to new people and have an interest in helping spread the word in the community about the Meals on Wheels program and services we offer, the Community Ambassador Program might be just the thing for you!

Our Community Ambassadors, usually in teams of two, represent Meals on Wheels at various health fairs, senior expos, or other community events. The first orientation for the program was held in December and another orientation will be scheduled sometime this spring. If you would like to be invited to the spring orientation program, or if you have questions about the Community Ambassador Program, please contact Toni Gianforti at 443-573-0914 or e-mail [gianfort@mowcm.org](mailto:gianfort@mowcm.org).

**Have some flexibility during the week or have some free time on the weekend?**

Volunteer for our Pets on Wheels “Kibble Connection” Program, perform clerical duties in our Central Office, or become a Grocery Shopper or Phone Pal for our clients. For more information, contact DeJanelle Peterkin at 443-573-0940 or e-mail [volunteer@mowcm.org](mailto:volunteer@mowcm.org).



# Special Recognition To . . .

**BGE (Baltimore Gas & Electric) and Meals on Wheels Board President Karen A. Jacobs** – for spear-heading an initiative to distribute eligibility information to Meals on Wheels clients regarding the Maryland Energy Assistance Program. A letter was sent to our low-income clients, or their representatives, explaining the program and encouraging potential applicants to apply for fuel assistance. A total of 1,267 Meals on Wheels clients were deemed to be potentially eligible for fuel assistance under the program.



All of the following clubs, schools, and scout groups who provided thoughtful cards, gifts, and greens collections for our clients this past year – **Brownie Troop #164; Girl Scout Troop #1595; Immaculate Conception Elementary School; Ridge Ruxton School; Bryn Mawr School; Patapsco High School; Glen Arm Garden Club; The Little Garden Club; Roslyn Garden Club; Woodbrooke-Murray Hill Garden Club; Hill & Stream Garden Club.**

Andrew J. Wancowicz, president, Mt. Washington Management Group, Inc., for hosting Meals on Wheels as their guest at two of the group's Information/Health Fairs in March in Aberdeen and Baltimore, respectively.

**Radebaugh Florist & Greenhouses** – For an on-going partnership with Meals on Wheels. When customers place an order by entering the promotion code MOW when prompted on the Radebaugh web site – [www.radebaugh.com](http://www.radebaugh.com) – Radebaugh will donate \$5 back to Meals on Wheels. Thank you, Radebaugh!

Corporate and community groups who were presented with special awards at various Site/County Luncheons this past year – **The Arc of Howard County; The Arc of Harford County; Brookville; Community Services for Autistic Adults and Children; TEK Systems; W. R. Grace & Co.; Bank of America; and Lockheed Martin.**



For many years, Mr. Ed Nicol was a dedicated Meals on Wheels volunteer at the Brown Distribution Site located at Brown Memorial Presbyterian Church on Park Avenue. Mr. Nicol is now a Meals on Wheels client. So, when one of our staff members received a Christmas card from Mr. Nicol, she thought others might want to read it. We hope the sentiments expressed by Mr. Nicol warm you as they did us.

When I was younger I was into hunger  
Of elderly shut ins you see.  
I revved up my wheels, loaded my meals,  
And passed them out generously.

I think they enjoyed it, the food and the visit  
They all took it most graciously.  
But now I've grown old, I stay out of the cold  
Kind folks bring my good meals to me.

I am astounded to find I'm surrounded  
With so many friends near and far.  
You're all dearer than treasure by a very large measure  
And I'm pleased as punch that you are.

So Merry Christmas to all  
From a duly certified Nonegenerian

## Endow Your Gift

Please Remember Meals on Wheels in your Estate Planning.

Your bequest or annuity gift will insure that your support continues to help homebound individuals after you are gone.

Your special gift is the perfect way to help people who are homebound due to age or disability while also paying tribute to the memory of a friend or loved one, or honoring the special occasion of someone you know. These thoughtful gifts enable Meals on Wheels to provide home-delivered meals to people in the community who need our service. When you make a special memorial or honor gift to Meals on Wheels of Central Maryland, a tasteful card "In Memory Of" or "In Honor Of" is handwritten and sent to the person you indicate.

Below is a list of Memorial and Honor Gifts received between July 1, 2008 and January 30, 2009.

**In Memory Of**

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 Betty & Joan Raskin  
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 Ms. Jill Welsh  
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Mr. Joseph F. Siebenhaar  
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Betty M. Canham  
Mr. Bruce Canham  
Billie Smith – 50th Birthday!  
Mr. & Mrs. Joseph Thomas  
Camren Horan  
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Jackie Lilley  
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John Cook and Nancy Himes  
Ms. Melinda McCafferty  
Jean Kern – 80th Birthday!  
Mr. David Kern  
Jerry McGough  
Ms. Marilyn Crijfheid  
Jim & Marilyn Dickman  
Mr. Steve Hecht  
Jim Peacock  
Ms. Ruth Peacock  
Joanne Piersall  
Ms. Ruth Peacock  
John & Susan Fiala  
Mr. William Fiala  
Joseph A. Chester, Sr. and  
Pearl V. Chester children &  
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Mr. Louis J. LoBianco  
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Erin and Kathleen Thomas  
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Ms. Linda Karp  
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50th Birthday!  
Ms. Ruth Peacock  
Ms. Elmer Smith  
Mary Dell Harlan  
Barbara B. Kaylor &  
Phyllis B. Brotman  
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Mr. Joseph F. Siebenhaar  
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Anne Nolan & the Monday  
Bridge Group  
Michael Kurland –  
On your birthday!  
Ms. Evelyn Morrison  
Mimi Davidoff – 80th Birthday!  
Ms. Renate Milewich  
Molly Harrison & Ned Schwartz  
W.J. Hindman  
Mr. & Mrs. Brian Karpe and  
Master Jordan David Karpe  
Ms. Susan C. Gold  
Mr. & Mrs. George Miller  
Mr. & Mrs. Irwin Nudelman  
Mr. & Mrs. Herman Schwartz –  
50th Wedding Anniversary  
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Mr. & Mrs. Jack Barber  
Mr. & Mrs. Irwin Nudelman  
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Pamela Christian  
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Maryland, Inc. Staff  
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Phyllis Henderson  
Ms. Linda Karp  
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Wheels of Central Maryland,  
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 Ms. Amy Daiger  
 Mr. Lee F. Whaley  
 Ms. Renee Cohen  
 — Cardin Staff Members —  
 Senator Barbara A. Mikulski –  
 For your Birthday!  
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 Sister Beata Siebenhaar  
 Mr. Joseph F. Siebenhaar  
 Steve McMurray  
 Ms. Virginia Kopp  
 Susan  
 Mr. & Mrs. Geary L. Dorsey

Susan Rubenstein –  
 65th Birthday!  
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 Terri Gilbert  
 Mr. Stephen Sullivan  
 Ms. Theresa Mahan  
 Mr. Mark Mahan, Sr.  
 Ms. Regina Sullivan  
 The Allen Family  
 Ms. Jeanine Allen  
 The Gottlieb & Stairs Families  
 Ms. Elizabeth M. Schuerholz  
 The Graziano Family  
 The Hirschberg Family  
 The Lazarofsky/Chesky  
 Wedding Guests  
 Ms. Jeanette Lazarofsky  
 The Richmon Family Fund  
 Ms. Anna Rzeczowska  
 The Thursday Birthday Group  
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 The Ziolkowski Family  
 Ms. Stephanie F. Miller  
 Thomas D. Wallace, Sr.  
 Ms. Fannie E.C. Alston  
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