



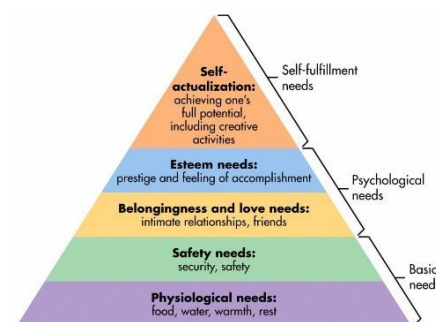
Life is but a Dream

A word from the Founder/Executive Director

I can't believe everything is falling into place. We officially have a brick and mortar location within our community, dedicated volunteers committed to our mission and we are actively implementing our Core Four Programs. Life is but a dream! This quarter [alone] we have prepared and distributed over 500 meals and 350 Hygiene Hero packages within Northern Virginia and the Washington, D.C. Metropolitan area. We have partnered with Stratford University's Culinary and Hospitality Management department and are coordinating an amazing Thanksgiving meal for those in need. We have been actively speaking at local organizations, to include The Rotary Club of Lake Ridge, The Rotary Club of Woodbridge, and Kappa Epsilon Psi Military Sorority to promote awareness of our organization and mission. The amount of donated school supplies, provided by the community, allowed us to not only assist local families in

need but to also provide numerous backpacks and supplies to the students and teachers at Featherstone Elementary School and Neabsco Elementary School. We were able to meet with the founders and Executive Officers of the Woodbridge Homeless Outreach organization, Old Bridge United Methodist Church Mission and Woodbridge H.U.G.s (Help Us Grow Strong). These impromptu meetings are extremely critical with regard to building bridges and forming together to ultimately yield a larger impact within our community. We look forward to future collaborations that focus on the needs of our community. Our vision, on a macro scale, is to provide personal and professional development that will cultivate and foster the desire, while establishing a stronger skill set, to change one's situation. Our goal is to combat hunger and to protect the unsheltered and/or underserved population against the adverse

winter ailments. We believe that by providing a basic need, food, water & warmth, we can assist individuals with re-establishing personalized motivating factors necessary in transitioning into mental health or substance abuse programs and/or the workplace; however, lower level deficit needs must be met before higher level deficit needs can be: physiological, safety, belongingness/love, esteem and self-actualization, Maslow (1943).



Service Above Self: Changing Lives

It's not every day you come across a group of like-minded people who genuinely love what they do, helping others and at the ready to assist those in need. The Rotary Club of Lake Ridge (Virginia) has exemplified the meaning of selfless service and community involvement. On July 6, 2016, I had the opportunity to speak before and meet with a wonderful group of professional leaders, right here in Prince William County. While nervous, because I actually have a terrible stutter, I was made to feel right at home. The sense of family each Rotarian displayed immediately took me back to my Army days and I was no longer afraid of what anyone would think about me, my stutter, or whether or not they would like my presentation. It made me realize this has nothing to do with me but our cause and mission at The Good News Community Kitchen. After meeting everyone, I was pumped up and ready to share with them our mission. Ironically, my mother insisted that I have a presentation, and she actually developed a beautiful presentation for me to utilize. Within five minutes of

speaking, I asked if I could just speak from the heart (I tend to get a little passionate and animated when I speak about our mission and clicking each slide was holding me back). The members were so en-

gaged. I received great questions and just about each member insisted I call on them, with regard to any of our Core Four programs, because they wanted to donate their expertise or skill set to make sure these programs were successful. When the meeting was over, I sat in my car and called my grandmother and my mother. I barely could get one sentence out because I was all over the place with pure excitement from my presentation. Several weeks later, I received a call from their International Service Chair, Neda McGuire, informing me that The Rotary Club of Lake Ridge would like to sponsor our Ribbon Cutting Ceremony, hosted by the Prince William County Chamber of Commerce. I dropped the phone, jumped in the air, composed myself, picked the phone back up, and in what I thought was a calm manner [screamed] "thank you" several times! I cannot thank the members of The Rotary Club of Lake Ridge enough for the genuine support, assistance and advice I continue to receive each day. This is truly an amazing organization that cares about their community and service to others and I'm fortunate to have the opportunity to learn from each member and influence my community with the tools they provide me.



Our Ribbon Cutting Ceremony



*The best way to
find yourself, is to
lose yourself in the
service of others.*

— Mahatma
Gandhi

On August 10, 2016, around 4pm, The Prince William County Chamber of Commerce walked through our door with the world's prettiest gold scissors, the cutest red ribbon and the most energetic personalities ready to assist with organizing and implementing what will forever be The Good News Community Kitchen's grand opening to the public. At exactly 5pm, we hosted a very successful and well-attended Ribbon Cutting Ceremony! I believe in transparency, with that said, we were nervous no one would attend. Here it is weeks before school is to begin so families were still vacationing and preparing for the upcoming school year and we had the audacity to plan a mid-week event that began in the midst of DMV traffic jam hours. Guess what? Our sign-in roster shows over 50 people signed-in to attend and support this memora-

ble event. We didn't just ask residents to support the event we also asked residents to help us prepare our future leaders for the upcoming school year by bringing school supplies. We raised enough supplies, to include backpacks, to donate to two local elementary schools and several local families that identified a need. On behalf of Honorable Congressman Connolly, Ms. Briana Sewell, supported our event. On behalf of Representative Robert J. Whitman, Ms. Karen Klotz supported our event. Mr. Tommy Herbert represented Delegate Richard L. Anderson. Mrs. Ruth Anderson, Occoquan District Supervisor, Ms. Elizabeth Quist, Occoquan Mayor, the men of Omega Psi Phi (Pi Lambda Lambda Chapter), The Northern Virginia Black Chamber of Commerce, Woodbridge High School JROTC Leadership, Game 7 Riderz and King's Knights Motor Club, The Rotary Club of Woodbridge, The Rotary Club of Lake Ridge and last but not least friends, family and TGNCK volunteers all came out to support our grand opening event!



Roast Chicken with Potatoes and Butternut Squash

Feeds: 4

Cost: \$1.62 per serving

Recipe of the Quarter

Ingredients

- 2 tablespoons minced garlic, divided
- 1 teaspoon salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 1/2 teaspoon dried rubbed sage
- 1 (3 1/2-pound) roasting chicken
- Cooking spray
- 12 ounces red potatoes, cut into wedges
- 1 1/2 cups cubed peeled butternut squash (about 8 ounces)
- 2 tablespoons butter, melted

Preparation

1. Preheat oven to 400°.

2. Combine 1 1/2 tablespoons garlic, 1/2 teaspoon salt, 1/2 teaspoon pepper, and sage in a small bowl. Remove and discard giblets and neck from chicken. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Lift wing tips up and over back; tuck under chicken. Rub garlic mixture under loosened skin. Place chicken, breast side up, on rack of a broiler pan coated with cooking spray. Place rack in broiler pan.

3. Combine potatoes, squash, butter, 1 1/2 teaspoons garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Arrange vegetable mixture around chicken. Bake at 400° for 1 hour or until a thermometer inserted into meaty part of thigh registers 165°. Let stand 10 minutes. Discard skin.

Lend a Hand

Do you have the passion to help others? Are you interested in rebuilding and strengthening our communities?

Here are six reasons why volunteering is important-

1. Gain new experiences and insight,
2. Give back and help others
3. Create connections with people
4. Gives a sense of accomplishment
5. Builds career options
6. Gives you a voice!

Areas of Interest:

- Office Administration
- Community Outreach
- Annual Events (Planning/Executing)
- Fundraising
- Donation Drives
- Inventory & Acquisition
- Newsletter Production
- Team Building



"You give but little when you give of your possessions. It is when you give of yourself that you truly give." — Kahlil Gibran, The Prophet

Community Support

One of the best ways to make a lasting impact in the communities we serve is by building and maintaining strong relationships with those who share our vision. TGNCK would like to extend a special "thank you" to everyone who has stopped by to donate professional attire, canned goods, hygiene items, monetary donations and their time! We truly do thank you and need you in order to successfully implement our programs and complete our mission. We would like to send out a special "thank you" to The Blue Arbor Café, Not Your Average Joes and Firebirds for sponsoring all food, beverages and utensils used during our Ribbon Cutting Ceremony. Thank you to Prince William Living, What's Up Woodbridge, Potomac Living and The Washington Post for featuring our event and/or organization! We would like to send a "hometown thank you" to Craig Melvin, of NBC's Today Show, for reposting The Washington Post article on TGNCK and helping to create national awareness about our organization and mission. We would also like to send a warm "thank you" to Dr. George M. Hampton for his contribution towards the successful implementation and accomplishment of our mission.

The Rotary Club of Lake Ridge

The Blue Arbor Café

Not Your Average Joes

Firebirds

Wegmans

Food Lion #1226

Home Depot #4604

Advanced Auto Tech

What's Up Woodbridge

The Washington Post

Bahama Breeze

Total Wine

Soaring Spirit Yoga Studio

Bed, Bath & Beyond

Secret Garden

Sugar Babies Hair Boutique

Omega Psi Phi Fraternity, Kappa Psi Chapter

Omega Psi Phi Fraternity, Pi Lambda Lambda Chapter

Loving & Caring Residents Who Believe in Our Mission

Old Bridge United Methodist Church Mission



Proud Sponsors

Platinum Sponsor



Silver Sponsor



Bronze Sponsor



Rotary Club Of
Lake Ridge Virginia

To find out more information on how you can become a sponsor, please visit www.tgnck.org.

*The power of one,
if fearless and
focused, is
formidable, but
the power of many
working together is
better.
~ Gloria
Macapagal Arroyo*



Save the Date

Moving Forward Makeover

Date: Thursday, October 13, 2016

Time: 7pm – 9pm

Location: TGNCK

308 Poplar Alley #B

Occoquan, VA 22125

Warm Winters Distribution

Date: Saturday, October 15, 2016

Time: TBD

Location: TBD

Thanksgiving Serving Line

w/ Stratford University

Date: Saturday, November 19, 2016

Time: TBD

Location: TBD

A “Roaring 20s” Event: A Night of Fundraising, Dancing & Jazz

Date: Friday, February 3, 2017

Time: 7pm – Midnight

Location: Harbour View

13200 Marina Way

Woodbridge, VA 22191

Action is the foundational key to all success. Pablo Picasso

Did You Know?

Food Insecurity and Very Low Food Security

In 2015:

- 42.2 million Americans lived in food insecure households, including 29.1 million adults and 13.1 million children.
- 13% of households (15.8 million households) were food insecure.
- 5% of households (6.3 million households) experienced very low food security.
- Households with children reported food insecurity at a significantly higher rate than those without children, 17% compared to 11%.
- Households that had higher rates of food insecurity than the national average included households with children (17%), especially households with children headed by single women (30%) or single men (22%), Black non-Hispanic households (22%) and Hispanic households (19%).





"Fighting hunger one meal at a time"

308 Poplar Alley #B
Occoquan, VA 22125
Office: 703-828-3445



Our Mission

To rebuild and strengthen communities by fighting hunger one meal at a time.

Our Vision

Hunger robs children of a chance to learn, undermines health, and makes obtaining and retaining good employment even more difficult. Each year, over 540,000 DC, MD, and VA residents receive access to healthy food.

We visualize citizens throughout Virginia uniting together to facilitate clothing drives to assist women and men transitioning back into the workforce, distributing hygiene bags and meals-to-go to the hungry, collecting coats and blankets to distribute to the unsheltered and sheltered underserved to keep warm in the winter.

We are always looking for volunteers to assist with meal preparations, meal deliveries, drives, and production of hygiene bags.

Our Core Values

We strive to emulate our core values in all that we do: Outreach, Unity, Compassion, and Selfless-Service

Who We Serve

T.G.N.C.K. is a 501(c)3 organization that provides hunger relief to those who are hungry and in need in the Northern Virginia and D.C. commuting area. Our customers reside in Prince William County, Fairfax County, Loudon County, Arlington County, Culpeper County, Fauquier County, Stafford County, and Shenandoah County.

How You Can Help?

Despite limited resources, The Good News Community Kitchen (TGNCK) strives to provide complete meals to all who are hungry and in need in the Northern Virginia and D.C. commuting area. For every one of the individuals we are able to provide with a complete meal, there are thousands more who need the help that TGNCK provides.

Here at The Good News, we realize there are many great non-profit organizations in our community. Simply look at what is important to you and what you believe in, and reach out and give... maybe from your pocket... or maybe by volunteering an hour of your time to help our organization's effort. Everyone has needs, what can you do to

help meet the needs of others in your community? Our community is only as strong as its members, and it takes a combined effort to ensure the future success for generations to come!



WishBox

- Toothpaste
- Toothbrushes
- Deodorant (m/f)
- Hand Sanitizer
- Feminine Hygiene Products
- Socks
- Professional Attire (m/f)
- Canned Vegetable Soup
- 1lb Bagged Rice
- 1lb Steel Classic Oats
- 1lb Bag or Canned Beans (Kidney, Butter, Black or Pinto)
- Natural Juice
- Hefty Supreme Three Compartment To-Go Plates



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