

GRASSROOTS II



A WORD FROM RAY

Hello again, this is Ray Cole writing my second installment for The Glory Hole newsletter. You may recall 2 years ago this September I lost my commercial drivers license for medical reasons and found myself out on the street and in need of the services of The Glory Hole. My last article was published in the TGH newsletter last year and at that time I was working here under the auspices of the Mature Alaskans Seeking Skills Training program and searching for affordable housing.

My eligibility for the MASST program expired in December of 2010 and the board of directors of TGH saw fit to take me on as a regular staff member so my employment at The Glory Hole is secure. I can enjoy the chance to continue to aid people who are themselves in need of housing, food and healthcare, as I was, to help them find the help they need.

It has been a very productive year. Last August I secured an apartment

in Channel View, an affordable, fair-housing complex, developed and operated by St. Vincent De Paul. These are really nice units on the hill above town on Gastineau Avenue with an awesome view of the Island across the channel (great for watching the fireworks on the 4th).

I have learned in my work here with the homeless and through my involvement with The Juneau Homeless Coalition that one of the key ingredients in the efforts to end homelessness is the availability of affordable housing. This is something that Juneau sorely lacks. Channel View, the 22 unit apartment where I live, was open in April of 2004 and is the last affordable housing complex built in CBJ. "Affordable housing" in Juneau is an oxymoron.

The people concerned about the availability of affordable housing in Juneau hope to make a dent in the problem soon. Scott Ciambor is the Affordable Housing Coordinator for the Juneau Economic Development Council and co-chair of the Juneau Homeless Coalition. The JEDC and CBJ's affordable housing commission have created an affordable housing fund to be used for the creation, acquisition, rehabilitation, or preservation of affordable housing. Details about this



Ray Cole, and his humongous computer monitor.

effort can be found at the JEDC website: <http://www.jedc.org/>.

Community support for programs such as this is essential to their coming to be reality and the one thing I have learned in my tenure here at TGH is that the people here in Juneau do care. The support we receive from the people of Juneau in our efforts to help those most in need never ceases to amaze me. A phone call, letter or e-mail to the assembly or the Juneau delegation of the State Legislature voicing your support of affordable housing programs can do nothing but help.

I want to thank you all again for all of your help and support and you will be hearing from me again soon.

Ray

Inside this issue:

Empty Bowls Thank You	Page 2
Our Patrons	Page 2
Volunteer Extraordinaire	Page 2
Garden Update	Page 3
Note from the Director	Page 3
Many Thanks	Page 4
Winter and Spring Statistics	Page 4
Addiction	Page 5
Note to Volunteers About Bread	Page 5
Zucchini Casserole Recipe	Page 6

*Find out how much God has given you and from it take what you need; the remainder is needed by others.
~Saint Augustine*

A BELATED THANK YOU SO MUCH!!!

Thank you SO VERY MUCH!!!!!!!!!!!!!! Empty Bowls 2011 was a success!

Thank you to our sponsors: Flint Hills Resources, McKinley Capital Management LLC, Elgee Rehfield Mertz, Pacific Seafoods Processors Association, Goldbelt Corporation, Sealaska Corporation, Wells Fargo, Alcan Electric and Engineering, Alaska Pacific Bank, Baxter Bruce and Sullivan, Faulkner Banfield, Valley Paint, Valley Lumber, Commercial Signs and Printing, and Northwind Architects.

A Special thank you to GLACIER VALLEY RESTAURANT and Ella, Mary Pat Voelckers-Wyatt, Wild Oven Bakehouse, Heritage Coffee, The Rookery, The Canvas, Juneau Rotary, United Way, Aaron Elmore, Sharon Gaipman, Wade Bryson, Jetta Whittaker, Cheryl Levitt Snyder, Leo Steedle, Chantel Eckland, and Yana Werner, the Glory Hole Board of Directors, People to People Ambassadors, and the Glacier Swim Club.

Thank you to our musicians,

Tom Locher, Rick Bellagh, and Chantel Eckland.

Thank you to the soup makers, El Sombrero, Canton House, Douglas Café, Mi Casa, Zen, TK Maguire's

The Island Pub, The Valley Restaurant, The Waffle Co., The Hanger, Baranof, The Sandpiper

Rainbow Foods, Kenny's, The Glory Hole, and the Mi Casa Restaurant.

Thank you so very much to the bowl makers. Jeremy Kane & UAS Ceramics Students, Brandon Howard, Juneau Douglas High School Ceramics Students, Heather Ridgeway, Juneau Douglas High School Woodworking Students, Colin Dukes, Bobby Simpson, Katie Strehler, Riley Paul, Garret Cheeseman, Johnson Lewis, Thunder Mountain High School Ceramics Students, Miah Lager and DZ students, Paul Voelckers, James Voelckers, Matt Voelckers, Don Gotschall, Neil Slotnick (wood), Al Tingley, Kevin Miller, Tongass Turner, Sue Ann Randall, Kim

EMPTY BOWLS



Ney, The Canvas Community Art Studio & Gallery, Kate Glover, Layla Hughes, David Depew, Mike Missler, Margo Waring, Collette Oliver, Janeann & Eric Twelker, Betty Bell, Jim Bowman, Marianne Manning, Jane Terry, Sandra Mander, Gretchen Pence, We are so very sorry if we missed your name and thank you so very much for contributing. This event would absolutely not be possible without you.

Thank you very much to the Silent Auction Contributors,

First Impressions Hair Salon, The Juneau Artists Gallery, Foggy Mountain Shop, Miss Scarlet's,

(Continued on page 4)

VOLUNTEER EXTRAORDINAIRE

Floyd Boden originally hails from Florida and has stayed at the Glory Hole while in the process of getting back on his feet. Ever since Floyd arrived he has done everything and anything that needed to get done, from organizing shelves, to cleaning microwaves, to washing floors, Floyd is always ready and eager to lend a hand. Recently, Floyd started helping a lot in the kitchen. He helps every day, with cleaning, prepping, and cooking. Floyd is absolutely essential to the improved quality of food at the Glory Hole, his vegetable and chicken soups, vegetable tacos, basil sauces, and salads are absolutely amazing. His friendly and cheerful attitude is also a blessing.



People down on their luck
 The working poor
 Chronic Alcoholics
 People with severe mental health issues
 Newly arrived legal and illegal immigrants
 Alaska Natives
 Caucasian
 African American
 Pacific Islanders
 Hispanic
 Other
 Men
 Women
 Children
 Students
 Run-aways
 Felons
 People who do not want jobs
 People who want jobs
 People experiencing FASD
 People with disabilities

OUR PATRONS

GARDEN UPDATE



GARDEN GREENS

Thank you so much to Miah Lager and the Dzantik'iHeeni middle school art class students for the beautiful artwork for our shed doors. The shed built by the Glory Hole patrons, underneath the stairs, mostly out of scrap wood is not sporting beautiful birds and trees.

Wow! We had no idea how great having a garden really is. The garden looks beautiful. The garden produces delicious food and it is such a pleasure to see how the garden cheers people up and gives them a sense of pride and accomplishment. The things that did great at the Glory Hole garden this year were three different varieties of mustard, lettuces, kale, spinach (thank you very much Judy Brakel), chard, peas, nasturtiums, arugula, celery, parsley, thyme, carrots, and surprisingly an artichoke plant. Things that did OK were beets, zucchini, and radishes. Things that did poorly were broccoli and cabbage but we have a few ideas of how to do that better next year. Inside, we grew basil, which really cheered up the day room. We were able to get about two and a half harvests from our garden this year and are really looking forward to next year, now that we have some idea of what we are doing. The garden produce was utilized in the kitchen, with a constant supply of salads, delicious herbal seasoning, and supplemental produce for the various lunch and breakfast dishes. Thank you very much to all of the wonderful experts and volunteers who made our garden grow, to our patrons, and to our garden keeper and protector Andrei LaRue. What a great thing a garden is.

NOTE FROM THE DIRECTOR

Summer at the Glory Hole and in Juneau is one of the nicest times of the year. As it grows to a close, it is hard to not look back on it with fondness. The light and the warmth contributes to better moods. Because of the tourist, construction, landscaping, fishing and other industries, people have a much easier time obtaining work. During the day, not too many people spend time at the Glory Hole's dining room, as a large number of folks are occupied with doing something else. The number of people sleeping in our shelter has also diminished as many of the folks were able to move into their own places or to the Thane Campground. The garden is producing salad and is providing therapy.

However, the summer is short. The numbers of homeless people in Juneau and nationally are not decreasing but growing. Even as the economy is recovering, many of the most vulnerable segments of the population, particularly women and children, veterans, people with mental and physical disabilities, people with chronic substance abuse problems are having a very hard time making it. Last winter was pretty terrible in terms of the numbers of people we accommodated in our shelter. Even though the numbers of shelter patrons are down now and the temperatures are warm and everything seems cheery and fine, the winter is never too far around the corner and it is hard to imagine why the numbers of people without shelter this winter will diminish.

In anticipation of winter and the influx of people we are expecting, the Glory Hole is gearing up to start our drives. We would like to start early this year, in order to be prepared for what is to come. We need coats, in good condition, warm or waterproof or both, gloves, warm socks, hats, camping equipment, specifically tents, tarps, usable sleeping bags, and sleeping pads. We would like to start gathering items for our Holiday food boxes, including canned green beans, canned corn, canned peas, stuffing, gravy, and canned fruit. I think that together we can ensure that we do what we can for those less fortunate in our community.

Another disturbing factor is the fact that the faith based and individual contributions at the Glory Hole are down about 20% from last year. This difference amounts to about \$9,500 and even though \$9,500 might not be a huge amount to some, it is very very significant to us. \$9,500 is almost enough to keep our entire shelter, of 40 beds operational for almost a month. Combined with community donations, \$9,500 is enough to purchase food for the Glory Hole kitchen for a year. It is enough to pay the salaries for our staff, many of whom are getting out of poverty and are struggling to make ends meet. It is very very significant. If each person who reads this newsletter would donate \$10 or \$15 dollars, we could make up this difference and meet our financial goals.

We also encourage you to come by and see the Glory Hole for yourself. Meet the people who use our services and try the bread pudding. It is very good.

MANY THANKS

Thank you so much to the **JUNEAU DELEGATION**, Senator Dennis Egan, Representative Beth Kertulla, Representative Cathy Munoz, and your very helpful, wonderful, and competent staff for including the request for energy efficiency improvements into the capital budget this year. Given the funds, the Glory Hole will be able to make significant and necessary improvements to our building as well as have substantial energy savings in the future. Thank you again.

Thank you so much to **Barbara Wilmont and the Sons of Norway** for

organizing a Walk-A-Phone for the Glory Hole.

Thank you to the **United Way of Southeast Alaska** and to the **Mazon Foundation** for granting support to the general operations of the Glory Hole. This support was much needed and is greatly appreciated.

Thank you **Glacier Gardens** and **Shelter Skelter Farms, Robin Gilcrist, and Cold Weather Construction Program of University of Alaska Southeast**, and **Slow Foods Juneau Chapter**, and the **Juneau Rotary**.



Clockwise from the top: Andre, The Glory Hole Garden Keeper. John Lager brightening the place up. Earl Austin creating hats.

(Continued from page 2)

Gourmet Alaska, The Jewel Box, Orca Enterprises, Juneau Empire, ELIZABETH COLE, CECILY MORRIS, Patrice Helmar, Dolphin Tours, Taku Graphics, The Rie Munoz Gallery, North Star Trekking, A Dance of Hands Massage, Odette Edgar, Skeins Fine Yarns, Oceana, Pavitt Health and Fitness, The Jewel Box, Hèendei, Donald M. Gregory, The Aurora Projekt, Dan Lesh, Shelter Skelter Farms, Nugget Alaskan Outfitters, Pie in the Sky, Corle LaForce Massage, All the remarkable desert makers, Observatory Bookstore, Mark Calvert, Dan Lesh.

Thank you to everyone who participated and contributed, in any way, big or small. Thank you for coming. Together we will make sure that those who need shelter, food, and care, will be able to receive the basic essentials of life, in our City.

Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope... and crossing each other from a million different centers of energy and daring those ripples build a current that can sweep down the mightiest walls of oppression and resistance.

~Robert F. Kennedy

THE GLORY HOLE MONTHLY STATISTICS FY 2010													
	Jan	Feb	Mar	April	May	June	July	Aug	Sep	Oct	Nov	Dec	To Date
Meals:													
Breakfast	651	838	750	850	839	795	780	794	810	552	490	500	8717
Lunch	1291	995	980	1120	1245	1140	1350	1613	1415	1043	1147	1130	14475
Dinner	1818	1315	1340	1725	1623	1795	1790	2848	1910	1499	1462	1560	20690
Sack Lunches	244	320		295	290	250	210	167	180	225	235	211	2628
Total Meals:	4004	3468	3070	3990	3997	3980	4130	5422	4315	3319	3342	3473	46510
Beds:													
Women	40	60	40	120	89	120	92	67	112	105	102	119	1066
Men	930	650	759	640	870	627	775	663	790	665	718	563	8650
Total Beds:	970	710	799	760	959	787	867	730	802	770	820	682	9656
Other:													
Laundry Loads	180	250	270	140	80	90	120	90	145	184	173	143	1885
Showers	60	400	350	85	800	120	122	878	830	66	59	43	3813
Food Boxes	48	30	40	70	70	112	65	110	90	148	70	67	920
Holiday Boxes										196	209		405

THE GLORY HOLE MONTHLY STATISTICS FY 2011				
	Jan	Feb	Mar	April
Meals:				
Breakfast	783	707	639	826
Lunch	1285	1340	1370	1319
Dinner	1982	1804	1961	1750
Sack Lunches	232	132	278	253
Total Meals:	4282	3983	4248	4148
Beds:				
Women	194	179	157	110
Men	911	823	882	798
Total Beds:	1105	1002	1039	908
Other:				
Laundry Loads	179	332	157	146
Showers	57	54	59	69
Food Boxes	72	36	50	82

These statistics are disturbing. The number of people using our services is up. Not included here are all the other services we provide, such as transportation assistance, counseling, help with filling out applications, social service referrals, court mandated community work service folks we accommodate, our garden program, our camping supply distribution, ID and medication assistance, respite services, and more. We would not be able to do any of this if not for your support. Our individual and faith based contributions are down. Please help.

WINTER & SPRING STATISTICS

Never worry about numbers. Help one person at a time, and always start with the person nearest you. ~ Mother Teresa

ADDICTION

Last month, the National Council on Alcoholism and Drug Abuse sponsored a lecture, at the Centennial Hall. The lecture was given by Dr. Ken McCauley and addressed the question of whether alcoholism is a choice or a disease, like diabetes. The lecture was very interesting especially because a significant portion of the Glory Hole patrons suffer from addiction. Below is an excerpt from Dr. McCauley's paper, Is Addiction a Disease. A link to the full paper is available below.

1. Is addiction a disease? What are the arguments for and against this notion? People often disagree with the idea of calling addiction a disease in the same way we call conditions like diabetes a disease. The behavior of addicts is frustrating, ugly - even criminal. How can driving drunk be a symptom of a disease? The best argument against calling addiction a disease states that addicts make the choice to use drugs and that their inability to stop is simply immature and irresponsible behavior. Diabetics, for instance, do not have a choice about whether or not to have a high blood sugar. These arguments make sense, and

are often embraced for their intuitive appeal alone. When doctors use the Disease Model of Illness to think about a disease, they think of a specific physical defect in some organ or physiologic system of the body. That defect, once discovered, provides a causal explanation for the patient's symptoms and points the way to treatment. With diseases like diabetes, the defect is easy to understand. With brain disorders however, it is not that simple. Our understanding of brain disorders has not kept pace with our understanding of other diseases - like diabetes. A big part of our difficulty in calling addiction a "disease" stems from the fact that no one could ever find the defect in the brain that caused addiction. Without a physical brain defect to point to, addiction never earned the status of "disease" like diabetes did. The addict's symptoms were assumed to be due to their intrinsic badness - their immaturity, their irresponsibility, or worse. But guess what? In the last ten years we have learned a lot more about the brain. We know what the physical defect of addiction is and where in the brain it is. Addiction is a defect in the hedonic system, or the system that perceives pleasure, which is deep in the part of the brain that handles basic survival. Because of this defect, the addict unconsciously thinks of the drug as life itself. A beer is not just a beer anymore - the addict

needs the beer to get through life and when the beer is unavailable they crave it. While it is true that the addict may have a choice in whether or not to use drugs, they do not have the choice over whether or not to crave. If craving gets bad enough, even the strongest-willed, most mature and most responsible person will return to using drugs. No brain can ignore that survival imperative. One of the big reasons we have difficulty calling addiction a disease is our inability to grasp the true nature of craving. Craving is a very real mental suffering the addict endures when they come to the point in their addiction when they are using drugs even when they do not want to. If you are in medical school and you write, "addiction is not a disease" on one of your exams - you will flunk. In medicine, we now know that the addict's brain really is different than normal brains, and from a physiologic standpoint we now know how it is different. This explains a lot of the symptoms we see in full-blown addiction and helps us develop better, more effective treatments to help the addict recover. It also means that addiction fits the Disease Model of illness as well - if not better - than many other diseases. Like say, diabetes.

www.instituteforaddictionstudy.com/PDF/Addiction%20Q%20%26%20A.pdf

The Glory Hole

247 Franklin Street
Juneau, Alaska 99801
(907) 523-9832
www.feedjuneau.org
info@feedjuneau.org

Our Board Members

John Gaguine, Board President
Laurie Sica, Vice President
Sarah Griffith, Treasurer
Eileen Hosey, Secretary
Rebecca Hattan
Nancy Davis
Sue Nix
Michael Levine
Holly Harris

Our Staff

Mariya Lovishchuk, Executive Director
Ray Cole
Stephen Dabney
Michael Monte
Floyd Boden
Butch Kakelane
Eleanor Galindo
Kip Martin

NOTE TO VOLUNTEERS ABOUT BREAD

This is a good place to briefly, but effectively, describe your product or services. Dear Dinner Cooking Volunteers, every Tuesday and Thursday, the Glory Hole gets leftover bread and bread products from Costco and Breeze In. These businesses graciously donate cookies, muffins, dinner rolls, loaves of bread, pies, and cakes to us. We have quite a volume of these items and are always trying to think of creative ways to use them. Both savory and bread puddings have become a staple at the Glory Hole. We have been making croutons, as well as having toast, with breakfast, and with lunch, as well as for snacks. When considering your menu, please think about our bread and pies. So we can make sure that there is no waste of these great food items.

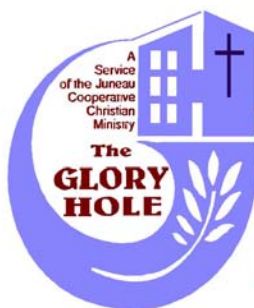




TGH News: We are getting ready to weatherize. Because of support from the State, we will be able to become more energy efficient, and in the long run, save money on utilities. The work should be done before the winter sets. Our building should also get a facelift.

We're on the web:
www.feedjuneau.org

NON PROFIT
 US POSTAGE PAID
 JUNEAU, ALASKA
 PERMIT NO. 25



247 S. Franklin Street
 Open 24 Hours a day
 365 days a year

The GLORY HOLE Food Shelter Hospitality

PLEASE INCLUDE THIS FORM WITH YOUR DONATION AND THANK YOU!

Your contribution will help us continue serving those most in need.

Name: _____

Amount of Donation \$: _____

Circle Method of Payment: Cash Check

Credit Card: Visa Master Card American Express

Credit Card Number: _____ Exp. Date: _____

Address: _____ Phone #: _____

Comments: _____

Zucchini Breakfast Casserole—yield 40 servings
 Prepared by Elizabeth Dubovsky
 Slow Food Southeast Alaska, slowfood.seak@gmail.com

Ingredients:

10 1/2 cups chopped tomatoes	42 eggs
21 cups chopped zucchini	28 cups cubed old stale bread
7 cups, shredded parmesan	7 teaspoons salt
7 cups ricotta cheese (or any other soft, creamy cheese)	1 3/4 teaspoons. black pepper
	1 3/4 teaspoons hot sauce

Directions:

1. Preheat oven to 350.
2. In a large bowl beat the eggs. Add the ricotta and beat until smooth. Mix in the grated parmesan cheese, hot sauce, salt and pepper.
3. Prepare the vegetables and bread. If using canned tomatoes, then drain the tomatoes well.
4. Add the tomatoes, basil and zucchini to the egg mixture.
5. Mix the bread cubes into the egg mixture.
6. Coat the bottom and sides of a 9x13 baking dish generously with olive oil.
7. Pour the egg vegetable mixture into the baking pan and even it out in the pan.
8. Place in the middle rack of the oven. Bake for 30 minutes at 350 F. The casserole should puff up and brown lightly. If it hasn't after 30 minutes at 350, increase the heat to 425 and cook for 5-10 minutes further.
9. Remove from oven and let cool on a rack for 10 minutes before cutting into squares to serve.