

Happy 8th Birthday, Trinity Cafe!



Trinity Cafe was bustling Oct. 15 as we celebrated our 8th birthday recognizing we have served 576,580 meals in that time. As thanks for their dedication and service, volunteers were treated to cake each day.

We are grateful to Sweetbay Supermarkets, Publix Super Markets and Sam's Club for the cake donations! Our guests shared cake with us Oct. 15 and broke into applause when we announced this 8th birthday milestone. One guest presented a bouquet of flowers donated from a nearby church for our cake table. It was festive and fun. The volunteers sang a rousing rendition of "Happy Birthday" and chef, Alfred Astl made a brief appearance in the dining room to join in the festivities.

Thank You Tom & Lynda!

After five years of faithful service as Volunteer Coordinator, Tom Derzypolski resigned effective October 1st. Tom would not have been able to do this good work without the support of his wife Lynda who has covered when Professor Tom was unable to break away from his full-time position at St. Petersburg College. The Trinity Cafe Board unanimously approved Tom's appointment to join the 2010 Board at its meeting on October 29th. We thank Tom and Lynda for supporting Trinity Cafe and expect to still regularly see you volunteering.

Meet Our New Addition Cindy Davis



Trinity Cafe welcomes Cindy Davis as its program director. Cindy spent 35 years in the media business managing and marketing projects and events. She returned to school for certification in nonprofit management and is devoted to the mission of Trinity Cafe. She will oversee the daily volunteer and dining room duties in addition to grant writing and fundraising.

Cindy is a native of Tampa, married with three children, two grandchildren and a third on the way. Her hobbies are fishing, Cajun cooking and listening to blues music.

Cindy's inspiration is a motto from a trinket she caught at a Gasparilla parade several years ago: *Work hard. Play hard. Give back. Do all things with a full heart.*

Trinity Cafe Board of Directors

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The production of this newsletter is entirely donated.

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Trinity Cafe is a 501(c)(3) Not-For-Profit Organization

P.O. Box 320146, Tampa, FL 33679



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Food for Thought

A Helping Hand and a Healing Heart

Tiana Walker did not expect to be living back in Tampa, Florida. She had a busy life in Nashville, Tennessee and a responsible, supervisory position with Verizon Wireless.

In May that all changed. Tiana's wonderful father passed away. Tiana returned home to grieve with her family and help tie up the loose ends left when the patriarch of a close-knit family is gone.

The shock had not yet worn off when Tiana's aunt, her father's sister, passed away two weeks later. The brother and sister had been extremely close and so Tiana speculated that she died of a broken heart. Yet another shock to the family and more grief to bear.

Folklore says that misfortunes come in threes. And, so it was when a second aunt died within weeks. They prayed for the sadness to end but it was not to be.

Tiana's grandfather had a stroke and did not recover. A fourth punch in the gut to a family that was just holding on and having difficulty functioning. Their deep faith is all that keeps them going.

Tiana decided she must relocate from Nashville back home and took a demotion to do so. Family is her stronghold and she needed them as much as they needed her.

After some time, Tiana felt she needed a reason to get out of bed every morning.

Her dad had always enjoyed helping others and she wanted to do the same, as she knew it would make him proud.



She searched the internet for volunteer opportunities. She found Trinity Cafe's web site and its mission spoke to her. She signed up, volunteered and is now one of the "regulars!" Her infectious smile, her caring demeanor and her helpful ways make her popular among guests and other volunteers.

Tiana has discovered that lending a helping hand to others has helped her heart begin to heal. Her dad would be proud. †

"No one has ever
become poor by giving."

— Anne Frank

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www.TrinityCafe.org

Mailing Address: P.O. Box 320146, Tampa, FL 33679
Cafe Location: 1603 North Florida Avenue, Tampa
Office: 3902 North Marguerite Street, Tampa, FL 33603
Phone: 813.361.7572

Celebrate the Spirit of Giving Throughout the Year

Not sure what to give loved ones throughout the year? Make a tax-deductible contribution in their name as a tribute or gift for holidays, birthdays, anniversaries or sympathy acknowledgement.

Have you ever gone to bed hungry? If not, you are blessed. Not all people are as fortunate. There are 10,000 people in Hillsborough County who do not have enough to eat. Being hungry is their reality, daily. You can help by feeding the family down the street, or the homeless veteran living at the shelter or the elderly woman on a very fixed income.

Every \$25 you donate feeds five guests and it is a wonderful way to honor your loved one, solve a gift-giving dilemma, and bring hope to the hungry.

Trinity Cafe will send a tribute card acknowledging your gift to that special person, in your name. †

ADOPT-A-TABLE... ...and Join the Family!

Adopt-A-Table and provide a three-course restaurant quality meal to the homeless and hungry. Your tax-deductible contribution will help Chef Alfred fill cupboards and stock shelves; 100% of your support directly provides meals to fill empty plates at our tables.

Select your table adoption and you will be part of the Trinity Cafe family!

Adopt-A-Table for one day and feed 25 people	\$125
Specify number of days you will adopt _____	
Adopt-A-Table for one-week and feed 125 people	\$625
Specify number of weeks you will adopt _____	
Adopt-A-Table for one-month and feed 500 people	\$2,500
Specify number of months you will adopt _____	
Adopt-A-Table for one-year and feed 6,525 people	\$32,625
Specify number of years you will adopt _____	

Make checks payable to:
Trinity Cafe, P.O. Box 320146, Tampa, Florida 33679-2146

Doing Good One Search or One Purchase at a Time!

Supporters of Trinity Cafe use GoodSearch and GoodShop and raise money with every Internet search and online purchase!

What if even a fraction of the \$140 billion generated by search engine advertisers* and online shopping was directed towards feeding the homeless and hungry at Trinity Cafe?

That is the concept behind GoodSearch.com a search engine powered by Yahoo! GoodSearch donates approximately a penny per search, to the charities designated by its users. You use it exactly as you would any other search engine and the pennies add up quickly – just 500 people searching four times a



day will earn around \$7,300 in a year. It doesn't cost the users a thing!

Similarly, with GoodShop.com, consumers can help their favorite causes by shopping at hundreds of well-known retailers including Amazon, Target, Macy's, Best Buy, Staples, Walgreens and others. The shopping experience and the prices are the same as going to the retailer directly, but by going through GoodShop, up to 37% of the purchase price is donated to Trinity Cafe.

Trinity Cafe recently registered with the sites, giving you a chance to raise money

for our cause every time you search the Internet or shop online. Using GoodSearch is simple. Because the site is powered by Yahoo, users are assured of high quality results. Just select Trinity Cafe (Tampa, FL) in the "Who Do You Good Search For" area and the money will accumulate for us!

"Every penny counts," says Cindy Davis, program director for Trinity Cafe. "While doing a search or shopping online why not raise money to feed the hungry? There is absolutely no reason not to use GoodSearch and GoodShop — it's so easy!"

* Source: SEMPO survey

GET TO KNOW...

Volunteer Lorraine Cranston

Describe yourself in 20 words or less.

I am a socially just individual that believes every human being is made in the likeness of God.

What brought you to Trinity Cafe to volunteer?

It is by God's grace that I am not one of our clients and it's a gift for me to be here. It's also a wonderful opportunity for my husband and I to do something we believe in and it gives us conversation topics to discuss during the week with family and friends.

What were you most surprised to learn while volunteering here?

The homeless population is recurrent in Hillsborough County. In a city of this size, you would think there would be more services to help give a hand to the homeless.

What is one possession you would not want to live without?

My family.

What is your most valued character trait?

Empathy. I was a nurse in my first career and folks in the nursing and teaching professions possess empathy for others.

What do you want to be when you grow up?

A weather person. They are always wrong and always are paid anyway – you don't have to be perfect and you can still make a good living!

What do you enjoy most about Tampa Bay?

It's a cosmopolitan city yet it's small enough to have a community feel to it. I especially enjoy the arts and the beach.

Do you have a favorite quote or inspiration you live by?

I am the only one who can do it but I can't do it alone.

What music are you listening to now?

Classical and new wave music. I just adore George Winston. I once attended his concert at Tampa Bay Performing Arts Center by myself because Ed is not a music fan. It was a wonderful concert and experience!

What are your hobbies?

Quilting and reading. I enjoy biographies the most; I find it fascinating to read about people's lives.

What is your best asset?

Persistence.

What do you find intolerable?

Injustice.

If you could have one wish, what would it be?

Peace in the world.

If you were stranded on a deserted island, what food must be with you?

Coffee and ice cream



Lorraine and husband, Ed, volunteer each Wednesday at Trinity Cafe and have been doing so for eight years!



Mark Your Calendar!

The Third Annual FrankCrum Invitational Golf Tournament

benefiting Trinity Cafe will tee off Monday, Feb. 22, at the Innisbrook Resort and Golf Club, Palm Harbor.

Several sponsor packages are available from \$500 to \$7,500. Don't putter around, deadline to register is January 31. For information, contact Brigitte Becker at 727-450-7908 or brigitteb@fwcruminsurance.com

Signing Up To Volunteer Is Easy.

Any time, day or night, you can visit the www.trinitycafe.org Volunteer section. Use the interactive calendar to sign up for a convenient date that works for your schedule. Enter your name and email address, and we'll send you a reminder email a few days before your scheduled date so you'll know when to be there.

Become a Fan of Trinity Cafe on Facebook!

Post to our wall, view photos, and connect with others! Log onto www.facebook.com search for Trinity Cafe and become a fan! Help our fan base grow by asking your friends to become fans too!