



Favorite Recipes
from TEEG

 **2010 ANNUAL REPORT** 

The TEEG Daily Special

3 cups compassion
3 Tbsp understanding
1 Tbsp empowerment
1 cup humor
1/2 cup respect
Hope to taste

Each of the above ingredients is essential to the nourishing meal that we call "TEEG." We are proud to have completed our 23rd year of continuous service delivering caring support and programs to residents of the Northeast Community. Ours is a recipe that feeds the body and encourages the soul.

This is the recipe behind how we go about meeting our mission every day.

Dedication

*This year TEEG dedicates our annual report to a most notable community chef. The TEEG Board of Directors extends a very special thank you to **State Representative Shawn Johnston**. We wish him well in his retirement from the Connecticut General Assembly and extend our gratitude for being a great supporter, listener and advisor to TEEG. It is our honor to call you a friend.*

In Grateful Memory

*In 2010 TEEG experienced the loss of a very special friend: **John Bayer**, a founding member of our agency and a true believer in our work. John served as a member of our Board of Directors for 12 years before retiring in 2000.*



Photographer Mike Bernier, Mary Ann Dostaler of Angell House Design and Laura Moorehead serving up the TEEG Daily Special at Main Street Grille in Putnam.



Acknowledgements

Every great cook has their secrets. At TEEG, our special spice is generosity. Every dish is made more flavorful thanks to the generosity of so many who always answer the call.

In this, our 11th annual report to the community, we would like to once again thank those who donated their time, talents and resources in making this dish.

MAD Communications, Angell House Design and photographer Mike Bernier have once again provided the creative ingredients to help us reflect on our past year of services offered and donations received.

Thanks also go to all of the farmers, growers and merchants of the Putnam Farmers Market, Kim Steglitz of Thompson, Kim Brotzman from Main Street Grille in Putnam, and Jay Sinha from Putnam Supermarket. The willingness of each of these individuals and businesses to open up their concessions, kitchens and restaurants to serve as the culinary backdrop for what we cooked up in this report is deeply appreciated. Thank you, one and all for being a key ingredient in the TEEG recipe!

With love from the kitchen of TEEG

A collection of our favorite recipes to be shared and enjoyed by all!



This year the TEEG recipe has provided 29,672 servings of support to 2,433 of our local neighbors and friends.

Lives Touched by TEEG

<i>2009-2010 Programs</i>	<i>Times Lives Were Touched</i>
<i>Early Childhood</i>	
Parent/Child Playgroup.....	1,170
School Readiness.....	67
<i>Youth Services</i>	
IAM Adolescent Therapeutic Support Services.....	2,919
All Star Adventure Program (A.S.A.P.).....	168
Back to School.....	207
Campership Program.....	24
<i>Family Services</i>	
Parents as Teachers.....	152
Parent Outreach.....	1,836
Summer Lunch.....	3,454
Supervised Visitation.....	64
<i>Adult Support and Education</i>	
Anger Aside.....	64
Gamblers Anonymous.....	238

<i>2009-2010 Programs</i>	<i>Times Lives Were Touched</i>
<i>Community Services</i>	
Emergent Food Distribution.....	428
Holiday Giving.....	2,052
Information and Referral Consultation.....	5,798
Case Management.....	2,537
Monthly Commodity Distribution (Food).....	4,871
Operation Fuel.....	237
Salvation Army.....	67
Client Relief.....	168
Volunteer Opportunities.....	879
<i>Senior Outreach</i>	
Monthly On-site Distribution (Food).....	78
Senior Case Management.....	1,204
Senior Recreation and Events.....	428
<i>Total times lives were touched</i>	
Fiscal Year 2009-2010.....	29,672*

*Total represents service delivered to 2,433 unduplicated individuals and 912 unduplicated families.



The Perfect Recipe

In order to continue serving TEEG's signature dish of Empowerment, our Board of Directors understands the importance of following a tried and true recipe. Like the ones handed down from grandmother to daughter to granddaughter; our recipe takes a few core ingredients with new tastes and flavors added over time.

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 Angela Miller
 Kathy Leveillee
 John Ywarsky
 Kathy Hiatt

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James Naum



*There are lots of cooks in TEEG's kitchen with board members from L to R:
 Photo 1 - Mercedes Robbins, Barbara Goloski, Fran Roy, Donna Rawson,
 Kathy Leveillee and Ada Temple; Photo 2 - Lynn Bergeron, Delpha Very,
 Angela Miller, Barbara Mulligan, Maryann Fontaine and Barbara McGarry.*

MESSAGE FROM DUSHY MAHENDRAN • TEEG PRESIDENT

TEEG has enjoyed serving the Northeast with our homespun recipes over the past year. We are able to provide nourishing dishes thanks to an empowered community that gives back more than what they receive. Individuals in need accept a hand up, knowing that they in turn will have the opportunity to pay it forward.

Our capable and talented staff empowers every individual we serve with the ingredients they need to solve the real issues at hand. This is how TEEG has been able to develop so many great recipes that have successfully touched the lives of so many. Because of our success, TEEG has emerged as a role model for the State of Connecticut.

Senator Donald Williams appointed our Executive Director to the newly created Commission on Non Profit Health and Human Services.

The Department of Children and Families invited TEEG to serve on the Region Three Advisory Committee to develop a state-wide system to serve children and families in a more family-focused way.

The National Food Research Action Council praised the TEEG summer lunch program in their national report with the "Silver" award of excellence for TEEG's commitment to quality nutrition.

This fall, TEEG has been invited to be the closing Keynote Speaker at the annual meeting for Operation Fuel.

Also this past year, the Town of Thompson made tremendous progress on building the new facility that our agency so badly needs. Our Board applauds the Building Committee and everyone involved for their dedication and commitment to realize this community project without relying on local tax dollars.

Moving forward, our focus is to expand our fee for service programs. We are very mindful of the economic times and are committed to ensuring that we remain fiscally strong in the coming years.

We are immensely grateful for the continued support from the volunteers, the donors, the towns of Thompson, Woodstock & Pomfret, and our State Legislators. THANK YOU!

A. D. Mahendran.



Always looking for a good bargain,
TEEG Board members
Linda Peiczarka and Dr. Alex Mahendran.



Jane Austin, Barbara Pickett, Kathy Haitt,
Laura Prouty, Dushy Mahendran and
John Ywarsky.

Recipes for Children & Youth Services



Preserved Children

Ingredients

- | | |
|--|----------------------------|
| 1 large grassy field with wild flowers | A handful of caring adults |
| 1/2 dozen children, all sizes | 3 small dogs |

Directions

Mix children and dogs. Turn into field, stir constantly. Sprinkle with wild flowers. Mix in adults and add conversation to taste. Cover all with a deep blue sky and bake in hot sun. When children are well browned, remove and place in a loving environment to rest. Once cool, place in a warm bath. Seal with a kiss.





Every great recipe begins with a solid base. Great soup starts with good stock. At TEEG, our awarding winning recipe starts with young children. We watch over them carefully and nurture them as they grow.

TEEG's early childhood programs include our Parent Child Playgroup, and our work with the Thompson Early Childhood Collaborative. Each of these programs strive to provide opportunities for the youngest children in our community to live in a nurturing home, and to have access to the community programs that will help them grow.

The TEEG Intensive Adolescent Mentoring program reaches out to the youth in our community. Specifically, children who need a little extra guidance, attention and direction in order to reach their greatest potential. Our mentors work with children throughout the Quiet Corner, helping them to discover the special ingredients inside each one of them that makes them unique.

TEEG Programs

Early Childhood

- Parent/Child Playgroup
- School Readiness

Youth Services

- IAM Adolescent Therapeutic Support Services
- All Star Adventure Program (A.S.A.P.)
- Back to School Campership Program



TEEG's Intensive Adolescent Mentor Team hand picks every ingredient to make sure the recipe comes out right! Pictured top to bottom, L to R: Terry Moylan, Will Child, Donald Burnet, Trista Hicks, Dr. Andre Bessette, Satina Salice, Renee Downer, Megan McBroome, Jon Connell, Kaylyn Hewey, Trinice Holden and Lori Britto.



Recipes for Parents & Adults



Successful Parenting

Ingredients

- | | |
|--|----------------------------------|
| 1 impressionable child | A handful of mistakes |
| 1 caring adult (semi-prepared) | An abundance of hopes and dreams |
| An infinite amount of unconditional love | A heaping portion of joy |
| A dash of anxiety and uncertainty | |

Directions

Place impressionable child in the home and begin childhood by blending endless amounts of energy, curiosity and mischief with the need for constant parental supervision. Combine the child and adult, layering childhood and parenthood throughout. Gently add the joy, laughter and tears over the years. Whisk in the support, guidance, and humor and slowly add a handful of mistakes, a lifetime of hugs and a generous heaping of hopes, dreams and unconditional love. Let chill for a few years or until set.



“If you can't stand the heat, get out of the kitchen!”

We've all heard that line before. Unfortunately, parenthood isn't a kitchen, once you have a child you have to learn how to cook.

TEEG staff work to empower parents with the knowledge, skills and support they need to raise healthy children. Our parenting programs work with new parents and old, offering home visiting support and education, as well as parenting classes, workshops and support groups.

At TEEG, we understand the secret to the perfect stew isn't just the raw ingredients all mixed together. It's achieving the perfect balance of the right ingredients, mixed in the correct order, at the right heat, by a cook who is patient enough to give the recipe time to simmer into something remarkable.



TEEG Programs

Family Services

Parents as Teachers

Parents Empowered!

Summer Lunch

Supervised Visitation

Adult Support and Education

Anger Aside

Gamblers Anonymous



TEEG's Early Childhood and Parent Education Team make the most of every teachable moment! L to R: Diane Farquharson, Mia Connell, Thatcher Connell and Kelly Piper.

A Happy Home

Ingredients

1 cup each of personality from every family member

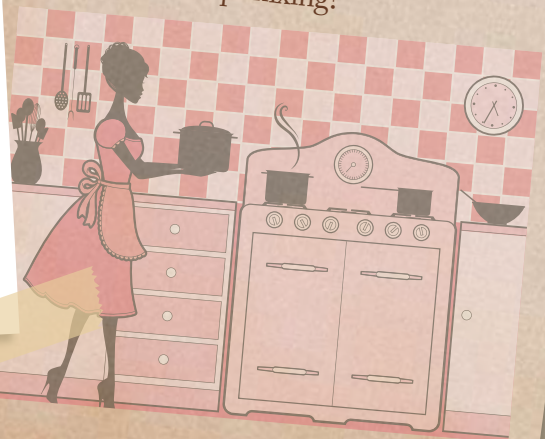
1 Tbsp of respect

1/2 cup of tears (both happy and sad)

1 cup laughter

3 cups love

Mix all the ingredients together at the same time in a big bowl. If the mix overflows, scoop up the extra, put it back in the bowl and keep mixing. Don't EVER bake or freeze, as the mixture is never done... Just keep mixing!





Recipes for Seniors & Community Service



How to Make a Seniors Day

Ingredients

- | | |
|----------------|----------------------------|
| 1 lump of time | A healthy dose of patience |
| 1 open heart | Relaxing activities |
| A lot of love | Many warm smiles |

Directions

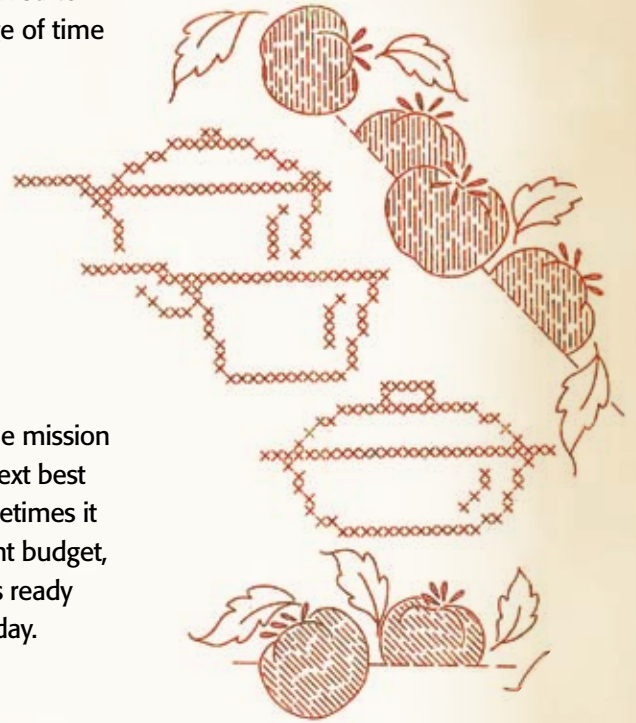
Combine first 4 ingredients. Use mixture to thoroughly coat relaxing activities. Sprinkle warm smiles generously throughout.



Like fine wine and cheese, some of the best dishes are ones allowed to simmer and age. Flavors need time to blend and only the passage of time can bring out the delicate characteristics and distinctive qualities.

At TEEG, we are committed to not letting the passage of time compromise the quality of life for the elders in our community. Our staff works with area seniors in our office, in the community and in their homes. We are here to answer their questions about Medicare, heating assistance, or housing concerns. We are here to assist them with budgeting, disability and social security questions. And we're here to offer an ear and a cup of coffee.

Community Service is the heart of TEEG. We were founded with the mission of helping to support our neighbors in need to get them to their next best place. Sometimes that means helping them heat their home. Sometimes it is about putting food in their cupboards. Sometimes, on a very tight budget, it's the "out of the ordinary" monthly expenses like getting the kids ready to go back to school, or helping Santa Claus provide a special holiday. Whatever is necessary, our community can count on TEEG.



TEEG Programs

Community Services

- Emergent Food Distribution
- Holiday Giving
- Information and Referral Consultation
- Case Management
- Monthly Commodity Distribution (Food)
- Operation Fuel
- Salvation Army
- Client Relief
- Volunteer Opportunities

Senior Outreach

- Monthly On-site Distribution (Food)
- Senior Case Management
- Senior Recreation and Events
- Senior Assistance and Outreach



TEEG's Community Services Team makes "quality" and "local" part of our pantry. L to R: Macy Harney, Bob Monahan, Stacy Rodecap, Michelle Vincent and Brandy Richotte.



The Recipe for Sustainable Success



NOTE:

TEEG has followed this recipe for 23 years. We've found it to be reliable every time. Our financial needs are met, over and over again, through blending, sifting and shaking multiple funding sources to create an agency that is far more than the sum of its ingredients. We often find that there is never enough in any one pot, but when we mix them together, we find what we need.



Ingredients

- 1 Tbsp Federal funding
- ½ cup State commitment
- 1 cup Municipal support
- 2 cups faith-based effort
- 2 cups civic group involvement
- 1 pint business collaboration
- ½ gallon individual giving

Directions

Sift dry ingredients. Slowly add liquid and blend until smooth. Be sure to keep scrapping the bowl. Pour into the arms of a passionate community. Bake at a comfy warm temperature until all needs are met.

Phanindra Chakraborty, TEEG's bookkeeper, weighs the difference... always making sure TEEG gives our community the biggest bang for the buck!



Where's the Beef? TEEG's leadership team, Donna Grant and Jenni Fountain, make sure that TEEG has enough meat to serve its mission.



MASTER CHEFS!

L to R: TEEG's 2010 Campaign Chairpersons -- Yvette and Ron Brissette of Thompson, Dan and Tish Roy of Woodstock, and Denise Archambault of Pomfret -- meet up at Putnam Supermarket to fill their grocery carts...and TEEG's shelves!



The Campaign Chairpersons for the TEEG 2010 Annual Campaign are long-standing and respected members of the Quiet Corner. We are proud to have them working in our kitchen of community support.

🏠 Recipe for Giving 🏠

This is a staple that we always have on hand in our cupboard. The Quiet Corner community would surely go hungry without it, which is why we always need to replenish our shelves.

- | | |
|--------------------------------------|-----------------------------|
| 1 part food donations | 1 part Christmas gifts |
| 1 part backpacks and school supplies | 1 part holiday food baskets |
| Large bag of summer lunch | 1 part camperships |
- This party mix is always sure to please. Made with generous amount volunteer spirit, it never fails to put smiles on everyone who contributes to the recipe.

Sources of Funding 2009 – 2010

Federal

U.S. Department of Agriculture
Senior Resources Area Agency on Aging

Foundations

End Hunger Connecticut
The Bishop's Fund for Children
William Caspar Graustein Memorial Foundation

Municipal

Thompson Department of Education
Town of Pomfret
Town of Woodstock
Town of Thompson

Public/Private

Operation Fuel

State

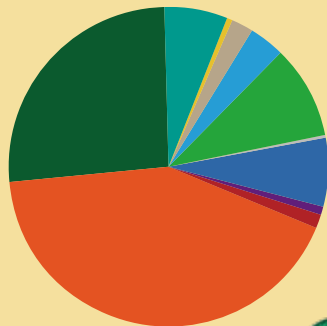
Department of Children and Families
Department of Education
Department of Social Services
Office of Policy and Management

Community

Individuals, Businesses, Faith Communities
and Services Clubs

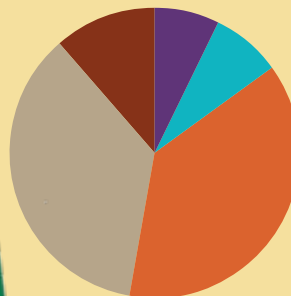
Income 2009-2010

■ Business (corporate and banks)	\$45,424
■ Churches	\$3,902
■ Federal	\$16,601
■ Fees for Service	\$297,362
■ Foundations	\$25,672
■ Individuals	\$66,991
■ Interest	\$771
■ Municipal	\$49,514
■ Private Grants	\$6,260
■ Schools, Scouts, Service Clubs	\$9,223
■ State of CT	\$182,082
Total	\$703,802



Expenses 2009-2010

■ Early Education	\$50,993
■ Prevention Services	\$54,349
■ Youth Services	\$261,650
■ Community Services	\$246,050
■ Senior Services	\$78,369
Total	\$691,411



From Pantry to Table

TEEG is grateful to the many donors and supporters who have rallied once again to keep our cupboards full. The generosity of the Quiet Corner helps us fill our shopping list and stock our shelves.

The following lists recognize donors who have made financial contributions to TEEG apart from purchases made at our Have a Heart Auction. (NOTE: While we greatly appreciate the generosity of the community at our annual fundraising event, the purchase of goods and services is not recognized by general accounting practices as a donation.) We have made every attempt to recognize everyone, and respect the anonymity of those who have asked, we sincerely hope we have not left anyone out. Your generous contributions, donated by the ounce, pint or gallon feed our community.

Cash donations received between
7/1/2009 and 6/30/2010

TEEG Platinum Angels **\$5000 or more**

ARS Products LLC
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Webster Five Foundation

TEEG Gold Angels **\$1000 - \$4999**

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The Center for Bone & Joint Care
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TMHS Honor Society
United Natural Foods, Inc

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TEEG Silver Angels **\$500 - \$999**

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E. Woodstock Congregational Church
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Putnam Cardiology Assoc., P.C.

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Residents of the Town of Woodstock
Thompson Trails Committee
L. Wagner & Associates
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Individual Supporters

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TEEG Angels - \$150 - \$199

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Ada Temple
Donna Williams

TEEG Friends – \$100 - \$149

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Baruti, Scola, & Smith, PC
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Verizon Foundation
Village Hardware

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David Gaudreau, O.D.
Day Kimball Nurses
Girl Scout Troop #64007
Landry's Flooring
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Prudential Prime Properties
Scanlon Funeral Service, Inc.
The Christmas Barn
The OWLETS
Thompson Gamblers Anonymous
Thornfield Hall
Town of Windsor Locks

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Maurice & Arlene Santerre
Richard & Leah Schad
Steven & Paula Schimmel



"Our community is very fortunate to have TEEG as a resource. They can always be counted on to help those in our community who need a hand."

Denise Archambeault of Pomfret

Reva Sebolt
 Patricia Sheldon
 Robert & Carol Smith
 Marshall & Karin Tourtellotte
 Wayne Valade
 William & Helen VanNieuwenhuyze
 Daniel & Delpha Very
 Mary Wallace
 Robert & Carolyn Werge
 Irene Wheeler
 C.M. & R.M. Wiles
 Charles & Dianne Williams
 Donna Yother

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 Jack & Anne Sweeny
 Stanley & Janet Switzer
 Phillip Thomas
 Lois Thompson
 Karl Tieber
 Sue Tobin



*"We believe in TEEG. The work they do feeds
 the soul of our community."
 Dan and Tish Roy of Woodstock*

Barbara Urban
Keith & Sandra Vaill
William & Pamela Verheggen
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Joseph & Renee Waldron
Keith & Gloria Walker
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Vernon & Felicia Wilson
Audrey Aileen Witkowski
Frederick and Rachel Wojick
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Chester & Sandra Zadora

Honorary Gifts Given in the Name of:

Joe & Dawn Adiletta
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Arthur & Jackie Bondy
Roland & Yvette Brissette
Geri Caouett
Mr. & Mrs. Chris Cornell
Suzanne Cross
Jenni Fountain
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Memorial Gifts Given in Memory of:

Linda Babbitt
Rachel Haggerty
Ed Negib
Anna "Betty" Simonzi

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In-kind donations received between 7/1/2009 and 6/30/2010

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The Citizens National Bank
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Landry's Flooring
Lapsley Orchards
Law office of Alan Scott Herman
Lord Thompson Manor

"TEEG is a wonderful program that provides support for so many in the Quiet Corner."

Ron and Yvette Brissette of Thompson



MAD Communications
Marianapolis Preparatory School
Martha's Herbery
Mary R. Fisher Elementary
Mary R. Fisher Elementary PTO
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Pomfret Spirit Shop & Wine Shed
Price Chopper
Providence Bruins
Putnam Bank - Price Chopper Branch
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The Hanover Theatre
The Mom's Club of Woodstock
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Thompson Public Library Staff
Thompson Recreation Dept.
Thompson Speedway
TMHS Boys JV & Varsity Basketball Teams
TMHS Honor Society
Tourtellotte Memorial High School
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Xtramart Convenience Stores
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Irma Allegretti
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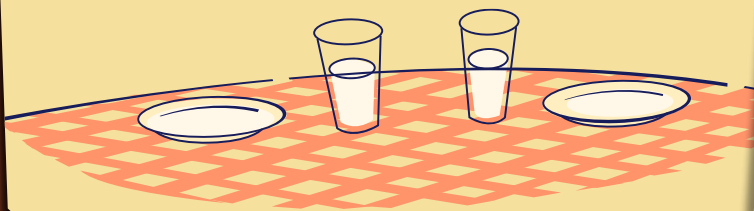
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PREP COOKS

*An old adage you will never hear us say is
"Too many cooks spoil the soup."*

At TEEG we are grateful for everyone who wants to be a part of our team. The work we do could never be accomplished without the army of volunteers that we rely on every day. Whether we are filling backpacks or Christmas lists, stocking shelves or stuffing envelopes...we could never accomplish the work without you!



Volunteers

Individuals

Toree Adams
Austin Adamuska
Bill Anderson
Athena Anderson
John Armstrong Jr.
Christine Armstrong
Rita Barthelet
Jen Beams
Nicholas Beams
Cindy Beaudreau
Dorothy Bergeron
DJ Bernat
David Bernier
Patti Bernier
Gregory Biron
Misty Lynn Bishop
Ron Brissette
Yvette Brissette
Susan Brown
Tamara Bryer
Robert Bryer
David Bryer
Peg Burton
Kathianna Celestin
Drenie Chace
Maryann Champrey
Beverly Chauvin
Tyler Clough
Carla Collins
Johnathan Conway
Tony Dean
Jennah Dell
Matilda Deotte
Robert Deronck
Jane Desrosiers

Linda Donis
Shiannia Dooley
Jeff Driscoll
Amy Driscoll
Michelle Duke
Jonathan Duval
John Duval
Leona Eckard
Lee Felpel
Sam Fontaine
Brian Fontaine
Joseph Fountain
Dennis Gagnon
Karen Gagnon
Robin Gould
Branden Grant
Gabriel Grant
Gail Grim
Nikki Gyftopoulos
Travis Haggett
Skoyah Harrell
Trudy Hechendorf
Douglas Henry
Caitlin Hoffman
Jill Hogan
Nicole Houle
Marissa Iamartino
Christian Iamartino
Valentine Iamartino
Joseph Iamartino
Alexander Iamartino
Richard Jacobson
Richard T. Johnson
Sharon Johnson
Tim Johnson
Jeanne Johnson

Rachel Johnston
Beth Joslin
Patricia Kellett
Johanna Kolat
Marilyn Kolat
Glenn Kolat
Rita Langevin
Ben Larson
Shane Lee
Sagan Leidener
Margaret Lumb
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Logan Miller
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Kiara Monahan
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David Monahan
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Brady Monahan
Jessica Monahan
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Dawn Morin
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Lisa Muise
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Christian Murphy
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Chris Nelson
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Bob Neundorf
Robert Nicholas
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Charlie Tebo
Raylene Tetreault
Jay Tetreault
Kathy Theriault
Alexandria Vicchitto
Emily Vincent
Dylan Vincent
Barry Vincent
Allen Violette
Jessica Williams
Eli Wilson
Barbara Yuill
Taylor Zakrzewski
Israel Zorola
Sara Rose Zorola


Recipe for lending a Helping Hand

This recipe has many variations. There are many ways to volunteer your time with TEEG. Always start with the same basic steps.

1. Call 860-923-3458 to set up an appointment
2. Discuss your interest with TEEG staff
3. Choose your flavor:
 - a. Organize a food, toy or clothing drive
 - b. Assist in the food pantry
 - c. Help with Holiday giving
 - d. Assist with the annual mailing
 - e. Help with senior & youth programs
 - f. Summer garden & summer lunch
 - g. Assist with yard work and maintenance
 - h. Office Work
4. Finish with a feeling of satisfaction

Groups

Boy Scout Troop 30
Cub Scout Pack 66
Danielson State Police Troop D Danielson
Employees of United Natural Foods
Girl Scout Troop #65191
Members of the Moms Club of Woodstock/
Thompson Network
Residents of the Hawkins House
Students at St. Joseph School
Students at the Susan B. Wayne Center for Excellence
Students of Marianapolis
Students of the Thompson Public School System



“Cookery is not chemistry. It is an art. It requires instinct and taste rather than exact measurements.” -Marcel Boulestin

“The smell of good bread baking, like the sound of lightly flowing water, is indescribable in its evocation of innocence and delight.” -MFK Fisher

“Cooking is like love, it should be entered into with abandon or not at all.” -Harriet Van Horne

“To give life to beauty, the painter uses a whole range of colours, musicians of sounds, the cook of tastes – and it is indeed remarkable that there are seven colours, seven musical notes and seven tastes.”

-Lucien Tendret



TEEG

P.O. Box 664, 65 Main Street, North Grosvenordale, CT 06225
Phone: 860-923-3458 • Fax: 860-923-5770 • Web: www.teegonline.org