

The Well

We Share Food!

July 2021

YOUR MINISTRY AT WORK!

Looking for some volunteer work this summer and next year? Here are several tasks that you can do to help at Wilkinsburg Community Ministry!

VOLUNTEERS NEEDED!!

Volunteers must provide proof of COVID-19 vaccination. We can have up to four volunteers at once. Each of these tasks can take 30 minutes to 2 hrs. depending on volunteers' skills and abilities. If you don't know how to do something, we will teach you!

DAILY PANTRY MAINTENANCE

2 volunteers per day to help maintain and stock the supplies, pack special bags: toiletries, household cleaning bags, and menu bags (all items needed to make a specific dish).

DELIVERIES

On call-volunteers for pick-up or delivery of food. Volunteers could be given 24-hour notice of need and as little notice as 4 hrs. They must be able to lift 50 lbs. and must have reliable transportation

REGULARLY SCHEDULED PICK UPS

Forest Hills Farmers Market Presbyterian Church Ardmore Boulevard 6:45 P
Penn Hills Community Garden Thursday's at 6:30 PM or on-call basis



Many thanks to the Forest Hills Farmers' Market at FH Presbyterian Church!

IRREGULAR PICK UPS

On call-volunteers for pick-up or delivery of food. Volunteers could be given 4-24-hour notice of need. They must be able to lift 50 lbs. and must have reliable transportation

GARDEN MAINTENANCE

Aquaponics and Hydroponics System volunteers: maintain aquaponics and hydroponics system. Collaborate with David Sanchez and the Sanchez Laboratory to develop nutrients and maintain water quality.

- Gardening Maintenance volunteers: water and weed garden on a regular basis.
- Mushroom Bed volunteer: water and maintain mushroom bed/beds.

MONTHLY PANTRY MAINTENANCE:

1-3 volunteers needed to pack special bags: toiletries, household cleaning bags, and menu bags (all items needed to make a specific dish).

Do any of these sound interesting? Call 412-241-8072 and talk with Ruth or Carlos, or email to volunteers@wcm15221.org

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SAVE THE DATES

25 July 2021 (Sunday).

WCM Pantry Garden Dedication 1 PM

The garden is at the corner of Medicine Way and Franklin. This event coincides with the Wilkesburg Pollinator Garden tour, a self-guiding tour of 11 gardens throughout Wilkesburg. Plan to come to the dedication and stay for the self-guiding tour!

3 AUGUST 2021 (TUESDAY)

CRITICAL NEEDS DAY #ONEDAY

The coronavirus has exposed deep vulnerabilities in the safety net serving individuals and families. Increased unemployment, lost revenue from mandatory closures, and increased demand for food, housing, and mental and physical health care have placed unprecedented demands on regional nonprofits fulfilling basic needs. On Aug. 3, the **#ONEDAY Critical Needs Alert** will help our entire community to get behind the 190+ nonprofits in Allegheny and Westmoreland Counties serving vulnerable populations. Your donations will benefit organizations providing basic needs such as child care and nonprofits offering mental and physical health care. You will assist people facing income losses, and those worried about food, transportation, and housing, each of which has been made more difficult to access because of the pandemic.

The website is here: <https://www.pittsburghgives.org/> -- You need to sign up to donate. The event starts at 8 am on Tuesday 8/3, and ends at midnight that day, but you can donate in advance. The PITTSBURGH FOUNDATION, which sponsors the event, sends us the donations 30-45-60 days *AFTER* the event. We also receive a portion of a matching challenge from the Foundation. The Foundation recommends that we have a matching gift challenge. This can encourage people who didn't give last year to give this year, or to encourage people to increase their gift. Would you like to make a matching gift challenge? Let us know!

Since 2017, when this program started, we have raised \$22,945 for our programs from 97 donors. Last year we raised over \$9300 from this event.

MESSAGE FROM EXECUTIVE DIRECTOR

Many of you will know about the severe storms that roared through Allegheny County on Sunday evening: heavy winds (60 MPH plus), quarter-sized hail, sideways rain. DQE estimated that 16000 households were without power until on Monday (when another storm came through). The storm was especially bad around Squirrel Hill and Shadyside, with underpasses and roads flooded, trees down. It shouldn't have been a surprise: The Three Rivers Arts Festival had just ended, and we all know that the Festival usually draws a storm!



The storm ripped up the flashing on the roof

This one was fast and furious: the severe thunderstorm warning lasted only 40 minutes, but by the time it was over, there was a lot of damage: over \$10,000 worth of it. I had just installed an interior French drain in my own basement (about a half mile from the office) and I'm glad to say it did its job. The pantry was not so lucky. Severe winds tore the flashing off part of the roof, and we were inundated with water. Several ceiling tiles came down and fixtures filled with water. The carpet was saturated from the front window to the back wall. Part of the pantry floor was so saturated it buckled, but as we dried it out, it looks like it will be usable. Part of our pantry floor is made of -treated particle board, which we treat with three coats of deck sealer every year. We wash it regularly and the deck sealer proves it's working because the water forms droplets!

Monday night our intrepid landlord, Frank Sapienza, replaced ceiling tiles and cleaned up debris from their collapse. I've not seen the second floor (we don't rent that), but Frank just laughed when I asked him if it had been damaged. We were open on Monday, but we closed on Tuesday to work on drying out the pantry. We will have the refrigeration experts out to check on the condensers; we also need to replace a some of the flooring after we tear up carpeting that has been saturated. We have a \$1000 deductible! And of course, these things are not budgeted. If you want to make an extra gift to help with this emergency, please put "emergency": in the memo line.

Ruth Kittner

FRUITS (AND VEGGIES) OF THE SLAVE TRADE

In honor of the establishment of Juneteenth as a federal holiday, here is a partial list of some of the plants and foods that came to North America as part of the slave trade. These are imbedded in our national culinary heritage. Think about it: when Africans were put on to the slave ships, the men who put them there intended to keep them alive and make money from their sale at the other end.

This means they found out what the group would eat and made sure that they were fed that and had some to take with them when they arrived in the Americas. Consequently, seeds were used to supplement the rations provided by slavers.

- ✓ Blackeyed Peas (Central and southern Africa). George Washington ordered them planted between rows of corn, but they were a well-established crop by 1700.
- ✓ Coffee (Ethiopia), cultivation started in Cuba, Hispaniola, Jamaica in 1715, and spread throughout the Caribbean and South America. Did you know that Arbuckles Coffee Roasting in Pittsburgh supplied the wagon trains with roasted, packaged coffee beans in the early 1870s?
- ✓ Kola Nut (the basic ingredient of the original Coca Cola) The Kola nut is a "male" nut and is bitter. The *cola acuminata* is the female nut, which is sweeter. This is different from the cacao nut (cocoa or chocolate), which is native to Central and South America.
- ✓ Okra (*Hibiscus esculentus*) (West Africa) Arrived through the transatlantic trade in the 1600s. Often called gumbo, used in creole cooking to make stews and soups.
- ✓ Rice, which became a staple crop in several southern states because the slaves knew growing, planting, irrigation methods
- ✓ Sassafras and other thickeners: leaves were used as a thickener. Cassava roots came to the northern continent from Ghana, but the cassava plant grew first in South America, was transported to Africa by the Portuguese, and then transplanted back to North America and the Caribbean during the slave trade
- ✓ Yams (*not* sweet potatoes) were introduced to the Americas from West Africa in the early 16th century by Portuguese and Spanish, and dispersed with slaves and soldiers combined throughout the continents.
- ✓ Watermelon. Cultivation started in the Nile valley in the second millennium and spread first to the east (India and China) then southern Europe (where it grew with difficulty because of the climate), and then to North, South and Central America as a garden crop by the mid-17th century

Rice spread to the Americas as part of the Columbian exchange after being independently domesticated in Africa 3000-3500 years ago. It became a staple crop in parts of the Americas because the Africans knew how to cultivate it, how to manage the water, and how and when to harvest.

The so-called "jumble" dishes are made with whatever is available, but generally include meat or fish, stock, rice, and vegetables. 50% a "trinity" of vegetables (50% onions, 25% celery and 25% green or red bell peppers) are simmered with sausages (usually andouille or smoked sausage) or chicken are added, finally, rice. The dish is finished when the rice has cooked. Creole jambalaya, also called red Jambalaya, has tomatoes; seafood and rice and sock are added at the end of cooking. Hop'n johns—rice and black-eyed peas, is a Lowcountry food that served as the subsistence of enslaved west Africans on their journey. It is like a Senegalese dish *thiebou niebe*.

The culinary proceeds of the slave trade entered the North American diet when slaves prepared meals for the slave owners in the Main house. Methods of BBQ came with slaves from Africa; the BBQ process helps to preserve food because of the combination of smoking and soaking in a tomato sauce (tomatoes contain citric, ascorbic, and malic acids). The sauce creates spiciness that helps to cool the body. Deep frying methods originated in Africa and were introduced to slave owners by the cooks who prepared meals in the "main

Household Tools	Need
Tape measure 25'	1
Rafter Square	1
Speed Triangle	1
Combination level and square	1
Small square	1
Circular saw	1
Reciprocating saw	1
Carpenter's pencil	2
Utility knife	2
Nail puller	1
4 lb. Sledge hammer	1
Milwaukee Packout Rolling tool box	1
Milwaukee Packout Organizer	1

house.” Subsequently, these dishes became favorite staples of regional cuisine and were appropriated in regional cookbooks in the 19th and 20th century as regional cuisine.

USDA Cost of Food at Home Based on April 2021 National Food Prices averaged				
Family of 4, 2 adults 19-50 plus 2 children:	Thrifty	Low Cost	Moderate	Liberal
Children 2-5	\$594	\$761	\$938	\$1161
Children 6-12	\$682	\$901	\$1120	\$1361

USDA COST OF FOOD AT HOME

The USDA calculates family food costs at four plans: thrifty, low cost, moderate cost and liberal plan. All SNAP benefits are based on the “Thrifty Plan.” A family receiving SNAP, with 2 adults and 2 children under the age of 6 year would receive \$594 a month. If the children are 6-11,

they would get \$682 a month. Children 12 and over are calculated separately; infants are calculated under a different plan called WIC (Women, Infants, Children).

Consider breakfast: A box of Cheerios will feed that family of four (2 adults, 2 kids under 6) breakfast for about 3 days: it will cost \$4-5. In a month, they will need 10 boxes of Cheerios and 5 gallons of milk just for breakfast: \$20 for milk, and at least \$40 for Cheerios totals \$60 for a month of weekday breakfasts. Add another \$20 for enough OJ for the family. How about eggs on the weekend? A dozen eggs is still “reasonable” at \$1.65-2.00. English Muffins or Toast? Another \$2-4. Jam? Another \$2. Petroleum by-product spread? Another \$4-5 twice a month. All in all? About \$107 a month for breakfast alone.

Lunch is equally difficult. Decent high nutrition soup? This family will eat 2-3 cans of soup for lunch. Chunky Campbells Chunky Potato Soup with Cheddar and Bacon Bits goes for \$24 on Amazon, for a pack of 12 cans. That is the best price running, but Amazon doesn’t take SNAP, so this family will have to pay about 5% more at a store. Buy it from Costco? Or Sam’s? \$45-\$60 minimum for a membership, and you have to have a car to get there.

Breakfast Items Cost Per Month			
#	Item	Cost per	Total
5	Milk (gallon)	\$4	\$20
10	Cheerios	\$4	\$40
10	OJ (1/2 gallon)	\$3.50	\$35
2	Dozen eggs	2.00	4.00
1	Jar of Jelly	2.71	2.71
1	Country Crock	5.00	5.00
			\$106.71

Other lunch options? Chunky Canned Chili (without the meat)?

Maybe \$22 for five cans. Add soda crackers or bread: another \$2-4. How about instead of soup, a chicken or bologna sandwich? A pound of Oscar Mayer Thick Cut Beef Bologna is about \$1 an ounce. There are cheaper cuts (for that read more fat, more sodium): 75 cents an ounce. Add a slice of cheese? Another 50 cents an ounce (processed cheese foods are cheaper and have a longer lifebut contain 2-3 times the amount of sodium and other additives). Add the infamous oil spread at I cannot believe is butter (another \$5-6 a month. Peanut butter and jelly? 2 slices of bread, 2 ounces of peanut butter (15-18 cents an ounce), and an ounce of grape jelly (about 20-25 cents per ounce). Note that Cheese Puffs is not an option here, but countless families exist on them: 18% of the daily allowance of fat (for an adult), 12% of daily allowance of sodium, and little else of any measurable nutritional value. Basically it is air, a few chemicals, and salt. And this is a food staple for many families because it is CHEAP.

The most significant difference in these food plans is the nutritional value of the items that can be afforded. The leanest cuts of meat cost more. The Liberal Plan does not refer to a political position; it refers to a level of nutritional quality: fresh fruits and vegetables, low fat cuts of meats, low sodium canned food or frozen food; cereals and grains high in fiber and low in starch and sugars, snack foods low in sugar and sodium, etc. If we consider the history of food assistance, starting with the “emergency food” assistance plans 50-60 years ago, these were intended to support families during short- or mid-term crises, when the family had a medical or financial emergency, or the region or nation had an meteorological or nuclear emergency. We talk about Food Security (the approved phrase since 2018), but we really need to think of it as Nutrition Security. Slightly less than half the population of this country has little to no Nutrition Security.

SNAP benefits have gone up for some families, in some cases to 115% of the maximum. The Consolidated Appropriations Act of 2021 raised maximum allotments to 115 percent of the June 2020 value of the Thrifty Food Plan (TFP) from Jan. 1, 2021, through June 30, 2021. The American Rescue Plan Act of 2021 signed by President Biden in March, extended increases to the Supplemental Nutrition Assistance Program (SNAP) maximum allotments from July 1, 2021, through Sept. 30, 2021. Some neighbors will lose their entire benefit this month; others will lose their increase only beginning in July.

The bottom line is this: Nutrition assistance programs were never intended to underwrite the difference between wages and food costs for 40+% of the population. The cost of food has consistently risen in the last 20 years, and in the last year, it has gone up between 10-20%, depending on location and food item. Food and nutrition security encompasses broader inequities that involve income, education and race. Advocates say it is essential to have equitable government policies, which include proper screening and measurement of nutrition security.

HOW DOES OUR GARDEN GROW!

The garden is growing in leaps and bounds. The Green house is working well, bubbling away. Soon the turtles will assist in the fertilization of our plants. The tomatoes and beans are sprouting, and we've got some phenomenal mushrooms growing as well. Those are potatoes in the green canvas bins. They have a clear plastic window on one side so we can watch the potatoes form!

The garden is also part of a community education program on food sourcing, vertical gardening, and sustainable land use. Our garden fills an unused lot, donated for this purpose by Wackem Tackle. We demonstrate several methods of growing food in a small urban space: vertical, bale, and aquaponics. We estimate we will harvest 60-70 pounds of food a week during the summer, and 15-20 pounds a week in the winter. While this is not enough to replace produce for the food pantry that comes from our commercial suppliers, it would be enough to satisfy a small family, or several families. One of the items Wilkinsburg has in abundance is vacant land. And even pot gardens, on patios or porches, would help a feed a family.

Garden Tools Needed	Need
Long handled shovel	1
Spade	1
Garden Fork	1
Hand held cultivator (3 tines)	2
Secators	1
Garden Trimming Scissors	2
Telescoping Garden rake	1
Bow rake	1
Garden Hoe (extra-long)	1
Soil Knife (with built in ruler)	1
Soil Moisture Sensor	1
Sturdy Garden Gloves, S-M-L	3
Garden Trowel	2
6 tine cultivator long handled	1
Anvil Pruner	1

As an education project, the Garden received a boost from the Grable Foundation: a grant to help us display instructional signage for neighborhood children that explain how items grow, the role of pollinators in the production of food, and how pollinators are a necessary part of our environment. We will also have signage that explains the use of bales as growing media, and how different fruits and vegetables grow, some underground, some above ground. We deployed several specialized growing media to demonstrate *how* potatoes and carrots (and other root vegetables) mature underground and are harvested. These special "potato" bags have a clear side that offers kids a view into what's happening underground! The Grable Foundation supports projects for childhood education and enrichment.

GARDEN MURAL INSTALLED IN JUNE



One of the baristas at Biddles Escape is a talented artist and she designed and painted a mural for the side of the aquaponics house. She enlisted the help of another barista, Lou, for the project. Although the mural depicts only goldfish, we also have turtles who are helping to make our aquaponics garden grow! You can also see the bird houses hanging for the hummingbirds and finches. We have additional feeders for them plus butterfly nectar and butterfly houses. The space that looks like dirt will eventually be wild flowers, some time in the next couple of weeks.

FOOD FOR THOUGHT: DIFFERENT TAKES ON SUMMER FAVORITES

JUDY DODD

Asparagus Hummus

Ingredients

1 lb Asparagus, trimmed and cut into 1-inch pieces
2 cups drained canned chickpeas- reserve liquid
½ cup tahini sauce
¼ cup extra virgin olive oil
2-3 peeled cloves garlic
salt and black pepper to taste
Zest and Juice from 1 lemon
½ t of salt

Directions

Bring a large pot of salted water to a boil over high heat. Meanwhile, prepare an ice bath. Fill a bowl with ice water. Once the water is boiling, add the asparagus and cook just until asparagus is tender, 2 to 3 minutes. Drain the asparagus and immediately plunge the asparagus into the ice water to stop the cooking process. Let the asparagus cool for a couple of minutes in the ice bath. Drain.



Asparagus Hummus!

In either a food processor or blender, combine asparagus, chickpeas, tahini, peeled garlic, and extra virgin olive oil.

Pulse until smooth or until your desired consistency is reached. You can add the reserved chickpea liquid to aid in the blending process. Plate in serving bowl, squeeze lemon over with salt and pepper to taste. Garnish with pine nuts and olive oil when ready to serve

Pita or Tortilla Crisps

Cut 2 pitas or tortillas into 8 wedges (Pita can be split before cutting or used whole), place on a baking sheet that has been sprayed with oil. Spray with oil and bake for 5-8 minutes at 350 degrees F.

Spicy Smoky Roasted Chickpeas



Roasted Chick peas

Ingredients:

2 15oz cans chickpeas, drained and rinsed	paprika
2 tbsp olive oil	1/4 tsp ground cayenne pepper
1/2 tsp ground	1/4 tsp ground cumin
	1/8 tsp ground coriander
	1/4 tsp coarse sea salt

Directions:

*Preheat the oven to 400 degrees F.

*The first step is optional if you'd like to remove the skins from the chickpeas: Place the chickpeas in a large bowl and fill with water. Rub the chickpeas with your fingers gently to remove the skins. Since the skins float to the surface of the water, pour them off the side of the bowl. Drain the chickpeas and dry well with a towel.

*Toss to coat the chickpeas with the olive oil, spices, and sea salt.

* Roast on a sheet pan for 30-40 minutes, shaking the pan halfway through, until golden and crispy.

*They're ready to eat! Enjoy immediately while they are crispy!

JOIN THE MINISTRY: BE PART OF THE SOLUTION!

And you shall not strip your vineyard bare, neither shall you gather the fallen grapes of your vineyard. You shall leave them for the poor and for the sojourner Leviticus 19:10

For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me. Matthew 25:35

The best of you are those who feed others. Musnad Ahmad 23408

The instruction is clear: we are all enjoined to feed the hungry. We invite you to join our ministry by making a gift for the cause. The easiest way to give is to mail a check to us at 702 Wood Street, Pittsburgh PA 15221 but there are other ways of supporting WCM!

Network for Good: The link is available on the WCM website. Network for Good (N4G) is an easy way to send regular support to Wilkinsburg Community Ministry. Please note that N4G deducts a 5% fee for processing your gift. Gifts are sent to us on the 15th of the month *after* you make your gift. If your gift is anonymous, you will only get an acknowledgement from N4G.

Monthly Gifts: You can set up your bank account to send WCM a monthly gift. It's easy. Most checking accounts offer this service as part of their bill payment option. Add WCM to your automatic payment options, and enter the address: 702 Wood Street, Pittsburgh, PA 15221. Select an amount and timing. Your bank will send us a check every month in the amount you request to arrive at approximately the same time every month. This saves *you* postage and the post office still receives the business.

United Way. Most major employers offer a United Way campaign. Again, United Way takes a percentage of the gift; WCM is paid quarterly a half year after the gift is made.

AmazonSmile is operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation donates 0.5% of the purchase price of eligible products to the charitable organization of your choice. Every item available for purchase on www.amazon.com is also available on AmazonSmile at the same price. Eligible products are marked "Eligible for AmazonSmile donation" on their product detail pages. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same. On your first visit to AmazonSmile (smile.amazon.com), you select a charitable organization to receive donations from eligible purchases before you begin shopping on the SMILE.AMAZON.COM portion of the site. Amazon remembers your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation. Be sure to remember to go to smile.amazon.com when you're ready to shop. Items purchased through the regular amazon.com website do not qualify.

RMD Charitable Giving: If your retirement finances consist of an individual retirement account (IRA), then starting at age 72 you are required to take minimum distributions from your IRA. Because of the coronavirus, the government is allowing people of any age to tap their IRA funds this way; this provision will probably change later in this year, but the increase to 72 will probably remain. You may want to consider making an IRA Qualified Charitable Deduction (QCD) to benefit WCM. As always, please consult your financial advisors!

Bequests. If you'd like to add Wilkinsburg Community Ministry to your estate, please contact the office. We can send you a simple codicil that you can attach to your plans.

Special Gifts, Memorials, and Tributes. Having a party? Celebrating a birthday or anniversary? Consider taking up a collection for Wilkinsburg Community Ministry. How many more ties, vases, etc. do you really need? Ask your friends and family to donate to WCM instead. They should be sure to tell us what it's in honor of, and we will keep track! We can provide you with text and return envelopes.

Facebook fundraisers. These generate approximately \$2000-3000 for WCM annually! We don't always know who gives, but the person who sets up the fundraiser does. Gifts come in through Network for Good as a Facebook gift; they are anonymous to us, but not to the organizer.

In Honor of the 60th Wedding Anniversary of Cy and Jane Fox



Sara Alice Thomas
John S. McCall & Diane Kerr
Ruth Pickering
Sara Alice Thomas
Stuart & Joan Gaul

NEIGHBORS HELPING NEIGHBORS

WE ARE THANKFUL FOR OUR COMMUNITY FRIENDS AND FOOD SUPPLIERS



Wednesday Evening Knitting Club usually meets at the C. C. Mellor Library—now Zooming on the second and fourth Wednesdays at 6 p.m. The group is making hats, mittens and scarves for our neighbors. The Zoom meeting is [here](#). (zoom room 204 142 753) You can contact the library at 412-731-0909 or email at ccmellor@einetwork.net for more information! CC Mellors Memorial Library has an array of online programs. See the event tab at the library website.

The Wilkesburg Library offers a **Story Time with Ms. Rachel**. This is a play list of recorded readings from Rachel Moore, the Children's librarian and some other guest readers that you can access on at the [Library's Facebook page](#).

Was this church important to you, your family, and/or the community?

It was to WCM. For several decades, Wilkesburg Community Ministry operated out of the Mulberry Presbyterian Church. We

had, among other programs, tutoring, ESL, a food pantry, a soup kitchen, Angel Food, a clothing bank, a furniture and furnishings bank, Meals on Wheels, and a variety of social services. Neighbors could buy bus passes, get help with utility bills, help with insurance, completing tax forms, and general help with all kinds of problems; WCM operated out of the ground floor of the Education wing, and used the massive space for a wide range of services.

When the church closed in 2005, WCM had only a few weeks to move to the current office on Wood Street. The building eventually went into receivership. Two years ago, Jody Guy acquired the building through conservatorship, and she is repurposing the building as an arts center for Wilkesburg. Structurally, the building is good, although it needs a new roof and some major renovations. Those are starting in the former education wing, and include spaces for artists, trade training, and studio space.



Mulberry Presbyterian Church, now an arts, performance and job training space.

Do you remember activities at the old Mulberry Church? Center for Civic Arts is seeking individuals to share human scale, every day memories and experiences, even photographs, of this once sacred space of convening. As we transform the sacred space into a civic space, we want to reflect your stories in how we honor this indelible community landmark. If you prefer to keep your stories private let us know and your story will be archived for private research. An essential inquiry question we ask you is: *Why was this church important to you, your family, and/or the community?* You do not need to confine your response to this question, but it offers a starting point. No story is too long or short. If you can share your name, address and email Civic Art would be honored to add you to our newsletter which provides updates on revitalization efforts at the Center for Civic Arts. Please submit any written story to civicsarts211@gmail.com or request Civic Arts Founder Jody Guy to place a phone call that could be recorded



Save the date! Saturday, July 24, 2021 at 10:00 AM This once-in-your-lifetime occasion will be the grand celebration of Wilkesburg's beautiful new bronze Abraham Lincoln statue. This will be held at the monument site at the intersection of Penn Avenue and Ardmore Blvd. (Lincoln Highway) in Wilkesburg. A special dedication program will be held, lasting about an hour or so. You might want to bring a garden chair!

ALWAYS NEEDED

Cases of new canning jars and rings/lids, of course. Pints and half pints especially. When you pass by the canning supplies in the store, please have a special look to see if there are rings and lids! If you have any of these items at home that need to be downsized out of your collection of tools, we would be happy to provide a useful home for them



Riddle me this, Batman?

FRUITS AND VEGGIES RIDDLES—TRY THESE ON THE KIDS AND GRANDKIDS! (ANSWERS ON P. 10)

1. You love me in a muffin and as dessert, too; small, plump, and juicy, my color is blue.
2. Watch out for thorns when you pick this treat; it's a berry, black and sweet.
3. They call me the “stinking rose;” vampire-slayers wear me under their clothes.
4. Wind, snow, sleet, or hail, try a leafy green called _____.
5. Breakfast, lunch dessert or dinner, I'm a popular red berry that's sure to be a winner!
6. Here's a leafy green that's tried and true; try it raw or even cooked too.
7. This “baby cabbage” is named for a city in Europe; don't wrinkle your nose, just eat it.
8. Eat this for breakfast, lunch, or snack; or eat it in a corner, just like Jack.
9. I'm a handsome white vegetable that's actually a flower. I remind you of broccoli and bring great Phyto-power!
10. People eat its green flowers, which are oh so delicious; here's the most popular veggie cruciferous.
11. Red and sweet, I'm a vegetable treat.
12. In popularity, I'm number three; only apples and bananas are eaten more often than me.
13. Red or green, this grows on a vine Besides a great snack, it makes raisins and wine.
14. My cousins are hot, but I'm red and sweet. On tacos and salads, I can't be beat.
15. Small, round, and juicy, I'm no berry. Life's the pits without a _____.
16. A fuzzy brown bird gave this one its name. With its pretty green color, fruit salad will never be the same.
17. Don't go on a diet just to eat me. I'm a citrus fruit that's tasty as can be!
18. I make you cry but you are not sad. Peel me and use me -- your heart will be glad.
19. Canned, popped, or on the cob, here's a little kernel that can do any job.
20. Named for an egg, classed as a berry, I'm a purple veggie that will make your heart merry.

Officers of the Board

Darlene Thornton, President
Jane Fox, Vice President
Kim Viehland, Secretary
Larry Viehland, Treasurer
Tom Ochs, Financial Secretary

WCM Staff

Ruth Kittner, Executive Director
Carlos Gasca-Yanez, Pantry Coordinator
Marie Chirieleison, Pantry Hostess
Robert Johnson, Pantry Driver
Leila Jackson, Pantry Assistant

OPERATION BACKPACK GEARING UP FOR AUGUST DISTRIBUTION

The annual **Operation Backpack** is up and running. In collaboration with the Wilkinsburg Public Library and Kelly and Turner Schools, Operation Backpack provides Wilkinsburg school kids with new school supplies runs from June through August. We order preassembled 15-inch backpacks with a 12-piece school supply kit, which costs us about \$4.20 per unit. The kits are distributed via the primary and elementary schools in Wilkinsburg, in coordination with the library. They include pencil cases, #2 pencils and a sharpener, two pens, an eraser, a glue stick and a small pack of crayons.

These are “uniform” kits: every child gets the same kind of kit and the only difference is the color. We have learned that offering children different kinds of



Operation Backpack 2020

backpack creates more friction than it resolves. We have previously gathered the materials and assembled the its ourselves, but we have learned in the past 2-3 years that ordering preassembled kits delivered directly to the schools is the most efficient solution.

**2021 GIFTS TO OPERATION
BACKPACK AND SEATS & FEETS**

Martha and William Crean
Waverly Presbyterian Church
Lynn Kittner
Mifflin Ave United Methodist
Church
South Avenue United Methodist
Church

If you or your congregation, community group, scouting organization, etc., would like to participate in Operation Backpack, we accept monetary donations for the project. Write Operation Backpack in the memo of your check.

Additional items that are always needed include: small to medium white boards and markers, construction and lined paper, extra pencils (#2), extra pink erasers, composition notebooks (wide ruled), drawing paper, extra crayon sets. Additional items will be shared between the two schools and with the Wilkinsburg Public Library Children's Section. "Wish List" items are included on the "SMILE.AMAZON." website under the charity lists for Wilkinsburg Community Ministry. You can purchase there and your purchase we delivered directly to us. The link is on our

website at www.wcm15221.org

The complimentary program, Seats and Feets, provides the schools with extra underwear, socks and school uniforms for the children. Often children arrive at school with no socks—they've dressed themselves and couldn't find the socks, for example. Underwear is often a casualty, and having a supply is useful. Both schools have washers and dryers, and clothing can be cleaned and returned to the child before he or she goes home.

Riddle Answers from page 9):

Answers: 1. Blueberry, 2. Blackberry, 3. Garlic, 4. Kale, 5. Strawberry, 6. Spinach, 7. Brussels sprouts, 8. Plum, 9. Cauliflower, 10. Broccoli, 11. Beets, 12. Orange, 13. Grapes, 14. Red pepper, 15. Cherry, 16. Kiwi fruit, 17. Grapefruit, 18. Onion, 19. Corn, 20. Eggplant
By Hollis Bass, MED, RD

We Share Food

The Well

Editor: Ruth Kittner

Proofreaders: Vivian Lovingood, Mary Zubrow

Contributors: Tom Ochs, Judy Dodd

Logistics: Marsha Morris, Deborah Dimasi

Printer: Calvary Church Book Store

Webmaster: Roger Schneider

Wilkinsburg Community Ministry

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702-704 Wood Street, Pittsburgh PA 15221 412-241-8072 www.wcm15221.org