Welcome to The Table

When the Episcopal Diocese announced its intention to sell St. Paul’s Church, Brockton in 2010, St. Paul’s Community Board recognized their lunch program was in jeopardy. The Board immediately approached Father Bill’s & MainSpring, seeking help for this volunteer-led program that serves up to 40,000 meals per year, six-days per week, to those in need since 1985.

Even after St. Paul’s Church closed formally in November 2010, Table volunteers continued to provide meals from the church basement with financial support from FBMS. Soon the kitchen at MainSpring House was remodeled to handle the influx of guests, and The Table was ready to continue serving by the end of May 2011.

Patrick Murphy, long-time Table volunteer, said, “We are very grateful to the Father Bill’s & MainSpring leadership for their commitment to our community meal program. Our strength has always been to serve people a nutritious lunch with dignity and respect. The solid infrastructure of FBMS allows us to continue to do what we do best.”

John Yazwinski, FBMS President & CEO, said, “Our respective entities share guests in common, so it makes perfect sense for us to provide basic services like food together. The Table has a long history of success and it is important to both organizations that this community lunch program continue.”

FBMS has incurred almost $30,000 in expenses bringing The Table to MainSpring House. The program is running exceedingly well, but we continue to need support from the community.

Monetary donations to The Table can be made payable to “Friends of The Table,” PO Box 1010, Brockton, MA 02301. Donations of food and supplies may be dropped off at MainSpring House, 54 North Main St., Brockton. For food donation inquiries, call Dori at 508-587-0877. For volunteer inquiries, call Kathy at 508-587-5441, ext 218, or email thetable@friendsofthetable.org.

www.helpfbms.org • 1-855-HELPFBM (1-855-435-7326)
President’s Message

Dear Friends,

There have been some big changes made recently in the way the Commonwealth of Massachusetts addresses family homelessness. HomEBASE is one of the new initiatives seeking to prevent family homelessness and reduce the state’s dependency on motels and shelters. I’m very proud that Father Bill’s & MainSpring (FBMS) has a reputation for solution-oriented approaches to addressing homelessness and housing. It’s that reputation that prompted FBMS to be chosen as a partner with South Shore Housing (SSH) and Brockton Area Multi-Services, Inc. (BAMSI), in our region for the HomeBASE project.

Until recently, families facing homelessness would have to enter the shelter system before anyone could address what led them to homelessness. With shelters full, many families would have to stay in motels during this process. It costs the state about $36,000 a year to house one family in a motel, but our housing model at FBMS has been able to move up to 150 families into low-cost housing for about $20,000 each in the past year.

By reallocating existing funding, state officials plan to move thousands of families directly to housing with short-term rental assistance and bypassing shelters entirely. As a partner agency in our region, FBMS will be able to assess each family and determine the best plan on a case by case basis.

We are hopeful that HomEBASE offers an opportunity to improve this region’s response to families in need in a number of ways. First, we should be able to utilize our triage system and tailor our response to each family’s situation. Next, we can divert families from entering shelter, or long term HomEBASE assistance, when they can be kept suitably housed elsewhere. Finally, we can help families find safe, appropriate housing and achieve self-sufficiency in their native communities, while keeping kids in their schools and parents near their jobs.

This is a huge responsibility and a great opportunity for FBMS. We will not only be able to improve the lives of local families, but make policy makers and state officials aware of what works and what doesn’t in ending family homelessness. I would like to thank all of our loyal supporters for their commitment and willingness to support us as we pilot new models. I would also like to thank our staff for their hard work on this new initiative, which truly is people helping people.

Sincerely,

John Yazwinski
President & CEO

Stonehill Provides Farm Fresh to The Table

An overarching concern in feeding the hungry is proper nutrition. The Table at MainSpring House is fortunate to be part of a new partnership with Stonehill College to bring regular, fresh produce to this community lunch program.

Paul DaPonte, Stonehill’s Vice President for Mission, said, “The Farm’s mission is to provide wholesome, locally grown organic produce to our neighbors in need, heightening awareness of food justice, and grow community spirit by encouraging volunteerism.”

The Farm delivers to The Table weekly, including more than 150-250 pounds/week of fresh produce such as red leaf lettuce, kale, beets, and mesclun greens this summer. Bridget Meigs, Farm Manager, said, “I enjoy growing fruits and veggies to provide nutritious ingredients for Father Bill’s & MainSpring to prepare.”

The Table is happy to see fresh produce on the menu. Dori Scannell, kitchen coordinator for The Table, said, “Our guests have come to appreciate the value of fresh greens to their diet.”

John Yazwinski
President & CEO

17th Annual FoodFest & Auction

(continued from page 3)

Thank you to our participating restaurants and corporate sponsors! Save the date for the 18th Annual FoodFest & Auction, The Ocean Club, Marina Bay, July 31, 2012.

Restaurants:

Fratelli’s Pantry Shop, Quincy
Fruit Center Marketplace, Quincy
Fuji 1546, Quincy
Honest Tea, Brookline
Jake’s Seafood Restaurant, Hull
Market Basket, Quincy
Mayflower Brewing Company, Hingham
Montiño’s Baking Company, Quincy
Neighborhood Club of Quincy, Quincy
Nona’s Ice Cream, Hingham
popchips, Hingham
Rafael’s at the South Shore Country Club, Quincy
Ruby Wine, Hingham
The Common Market Restaurants, Hingham
The Four Restaurant Bar & Grill, Quincy
The Lantana, Norwell
Jasper White’s Summer Shack, Hingham
The Tanker’s Surf & Turf Bistro, Hingham
Tio Juan’s Margarita, Quincy
Mexican Restaurant & Watering Hole, Boston
Two Sisters Catering, Weymouth
Heath Wood Fired Bread, Weymouth
Bartram’s Grill, Hingham
Atrazine on Cohasset Harbor, Hingham
Alma Nove, Hingham
Captain Parks Chowder Company, Hingham
Umbria Prime, West Yarmouth
Trattoria di Pannini, West Yarmouth
Twist of Class, Quincy
Del’s Frozen Lemonade, Hingham

Corporate Sponsors:

Premier
The Ocean Club at Marina Bay

Platinum
Stephen J. Westling Architects, Inc.
Attorney George Burke Law Offices
Jay Cashman, Inc.
Mrs. Virginia Welch
The Welch Family
New England Realty Group, Inc.
William Gallagher Associates

Gold
South Shore Savings Bank
RepublC Plumbing Supply Co.
ElectroSwitch Corp.
Conway Insurance Agency, Inc.
Charter & Sons
Arabella Insurance Group
Charitable Foundation
Granite Links Golf Club/Marina Bay
MGR LLC
State Street Corporation
Sovereign Bank

Silver
Jack Shaughnessy
Roche Bros.
Ironhorse
Neighborhood Housing Services of the South Shore
Boston Private Bank & Trust Company
Hill Holladay
ACE American Insurance
The Hartford Financial Services Group
The Patriot Ledger
CNA Foundation
Reebok International Ltd.
Quincy Mutual

Fire Insurance Company

BlumShapiro
My Brother’s Keeper, Inc.
Lexington Insurance

Bronze
Food Equipment Installations, Inc.
Savings Bank Life Insurance Company of Massachusetts
Tech Networks
Gosule, Barkus & Jesson, LLP
Quincy Credit Union
New England Art Publishers
Mark & Jerilyn Tyrell
Kevin P. Martin & Associates, P.C.

Thomas & Line L. Corcoran (Corcoran Construction) D. J. Quirk Ford, Inc.
Safety Insurance Company
Interior Resources of New England
Boston Financial Data Services
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Weymouth Rotary Club
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Goodwin Graphics
Brewster Coach

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The work of the Charles David Salon team was greatly valued. An evening full of fun, relaxation and conversation was the perfect setting for a haircuts and makeovers provided by the Charles David Salon in Stoughton. An extract from an article that was previously extracted for it.

Thank You Charles David Salon

WorkExpress Graduation

WorkExpress graduates, Mike Colon (not pictured), Mike Hearn, Craig Hoekstra, Cathy Miller (not pictured), Charles Stark (not pictured), and Tom Walsh received their certificates of completion on June 8, 2011. (l-r) Michael Hearn, Craig Hoekstra, Carlos Agosto, Melissa Martin, Tom Walsh, Paul Key.

On Thursday, June 23, 2011, a graduation ceremony was held to celebrate the success of six participants who completed the WorkExpress program offered by FBMS.

Friends and fellow WorkExpress participants filled Our Lady of Lourdes Church, and enjoyed a delicious home cooked meal while acknowledging the hard work and achievements of the graduates.

“It takes courage and a special kind of person to enter a program, look at themselves and what needs to be improved open, and work towards a solution,” said Father Bill’s and MainSpring Truage Worker, Melissa Martin.

WorkExpress is an innovative and successful job training program for men and women. The program offers an intensive, year-long program of work experience, support services, and temporary housing.

WorkExpress is open to formerly homeless individuals who are serious about moving forward. The goal is to prepare participants for future employment opportunities and permanent housing by emphasizing stability, reliability, work discipline, and life skills.

Those participating in the WorkExpress program live in MainSpring House and work within the community four hours per day, five days a week. They save thirty percent of their income for the future, attend addiction support groups and life skills classes, and keep daily journals of their progress. Since the formation of WorkExpress, the graduation rate of participants has risen to 73%.

Workforce Development Manager, Paul Key, and his staff oversee three workforce programs directed at helping those struggling with homelessness find employment, including reintegration program for veterans.

For more information about Workforce development, please contact Paul Key at 508-894-8520 ext.201 or pk@helpfbms.org.

17th Annual FoodFest & Auction

July 26, 2011, The Ocean Club, Marina Bay

Not even a brief shower could hold back the 17th Annual Foodfest & Auction as nearly 1,000 people filled the Ocean Club at Marble Bay. Featuring over 70 restaurants, attendees enjoyed delicious food while listening to the sounds of East Coast Accapella and The Smoking Jackets band overlooking a breathtaking view of Boston Harbor.

At sunset, guests made their way into the auction tent to participate in a live auction hosted by former Channel 4 sportscaster and Olympian Alice Cook, and our very own board member and event chair, Jim Wells, of Coldwell Banker Real Estate.

Thanks to the support of our many corporate sponsors, restaurants, in-kind donors and numerous guests, FoodFest was a tremendous success, raising over $250,000, which goes directly toward our programs and services.

Thank you to our participating restaurants and corporate sponsors! Save the date for the 18th Annual FoodFest & Auction, July 31, 2012.

Volunteer Profiles:

Colleen Tuck

Since Colleen Tuck and Cyndy Tonucci began volunteering at Father Bill’s & MainSpring (FBMS) within the WorkExpress program one year ago, their compassion for helping those in need have already been recognized by those around them.

As part of the WorkExpress program, Tuck and Tonucci teach life skills classes that emphasize stability and prepare participants for future employment opportunities.

As a recent retiree, Colleen’s involvement with FBMS began in 2010 when she started teaching a job interviewing class. Every Thursday since, she meets with both groups and individuals to go over resumes, discuss job opportunities, and give participants support and encouragement.

“It’s been a very pleasant experience,” said Colleen, “I find it extremely rewarding to talk to these folks and encourage them in an honest way because I feel positive about the contributions they can make in a work setting.”

Cyndy, a longtime FBMS advocate, began instructing a money management class in 2011. Each week, Cyndy gathers with a class ranging from four to eight individuals. Acting as a group facilitator, Cyndy presents tools and guidelines on managing income and focuses on helping participants reach their financial goals.

“The experience is inspiring,” said Cyndy. “The class members add so much to the class and everyone in the group benefits because everyone contributes.”

Volunteering with FBMS is important to both Colleen and Cyndy because they believe that they should do whatever they can to contribute to those in need.

“You need to leave this world knowing that you have left your corner a little better than you found it,” said Colleen.

“Volunteering at Father Bill’s & MainSpring will help me reach that goal.”

Volunteers are the lifeblood of Father Bill’s & MainSpring. They are essential to our mission of ending homelessness. To learn more about volunteer opportunities, please visit our website at helpfbms.org, or call the Volunteer Hotline at 617-770-3314, ext. 229. Please leave a message regarding your interests. Phone and online inquiries are returned within 48 hours.

www.helpfbms.org • 1-855-HELPFBM (1-855-435-7326)
Corporate Philanthropy Partner Profile: ElectroSwitch Corporation

ElectroSwitch has been supporting Father Bill’s & MainSpring (FBMS), in our mission to end homelessness for more than 10 years. They have consistently helped FBMS provide programs and emergency assistance to those in need through donations, volunteering, and event sponsorships.

ElectroSwitch is located in Weymouth and first became involved with FBMS through the Meal-a-Month program at Father Bill’s Place.

Bob Pineau, President of ElectroSwitch, has always been an active member of the Weymouth Rotary, another huge supporter of FBMS. Bob noticed that many organizations took the summer off from serving meals. Soon, he called the Weymouth Rotarians to fill in the gaps.

ElectroSwitch employees began serving meals on an as needed basis, often with very little notice, until they finally took over a consistent, monthly appointment to serve.

“The meal a month program exposes employees to the need in our community and at ElectroSwitch this positive awareness has spread so family and friends of employees volunteer with us as well,” Pineau said. FBMS volunteers are often the best source of information about the needs people face at the shelters and encourage others to volunteer. Each month the ElectroSwitch employees arrive at Father Bill’s Place ready to serve meals and smiles. Volunteerism has had a profound effect at ElectroSwitch.

“Perceptions of what Father Bill’s Place might be before visiting are always changed once someone volunteers. The people gathering for dinner may be a neighbor or friend who has fallen on hard times,” Pineau said.

ElectroSwitch has also taken their involvement further by sponsoring the Annual FoodFest & Auction each year. John Zeywinski, President & CEO, said, “Every year we can count on ElectroSwitch to help make FoodFest an incredibly successful fundraising event. Their sponsorship helps ensure that our programs continue to make strides in ending and preventing homelessness on the South Shore.” The company also makes several other regular donations throughout the year to support our mission.

FBMS is truly grateful to have a community minded company like ElectroSwitch support our work.

Consider a Planned Gift to FBMS

We hope you might consider including a gift to FBMS in planning your will. Called a “charitable bequest”, this type of gift offers three primary benefits:

- **Simplicity**: Just a few sentences in your will or trust states your intentions. “I, (name), of (city, state, ZIP), give, devise and bequeath to Father Bill’s & MainSpring (written monetary amount, percentage of your estate, or description of assets or stocks) for unrestricted use or for use in greatest area of need.”

- **Flexibility**: You can change the amount or percentage of your gift at any time based on your needs, desires or family. You can structure the bequest to leave a specific item or amount of money, make the gift contingent on certain events, or leave a percentage of your estate.

- **Tax Deductible**: Your estate is entitled to an estate tax charitable deduction for the gift’s full value.

To make a charitable bequest, you need a current will or revocable living trust. Most attorneys who deal with estate and financial matters can work with you to create a will or trust. FBMS is a 501(c)(3) nonprofit organization, so your gift qualifies as a charitable deduction for income tax purposes.

**Wish Lists:**

- **Family Shelter Needs**
  - Picnic tables and chairs.
  - FIRST AID kids & adult band aid, digital thermometer.
  - Baby: shampoo, baby cream, tooth brush & tooth paste.
  - Kids: basketball, air pumps, & 3 fisher price riding cars.
  - Bath towels & rags, place mats.
  - Bathrooms: shower curtains & hooks, shower mats, bathroom rugs, bath towels & wash cloth, tooth paste, tooth brush, shampoo & conditioner & body wash.
  - Rooms: Twin sheet set, comforters, crib sheets, pillows & kids blankets.
  - Kitchen: Pots & pan, spoon & fork, pot holders, plates, kitchen towels & rags, place mats.
  - Baby: diapers, night time diapers, baby wipes, baby powder & baby lotion.
  - FREE: Baby bottles, nipples, blanket, socks, brushes.
  - Bedding: Comforter, sheets.

- **Picnic Tables & Chairs**

- **Room Accessories**
  - Room: Twin sheet set, comforter, crib sheet, pillow, & kids blanket.

- **Baby Needs**
  - Baby: shampoo, baby cream, tooth brush, & tooth paste.
  - Baby: diapers, night time diapers, baby wipes, baby powder & baby lotion.
  - Baby: socks, baby shoes, bibs, socks, hats, bibs, blankets.

- **Kids Needs**
  - Kids: basketball, air pumps, & 3 fisher price riding cars.
  - Bath towels & rags, place mats.
  - Bathrooms: shower curtains & hooks, shower mats, bathroom rugs, bath towels & wash cloth, tooth paste, tooth brush, shampoo & conditioner & body wash.
  - Rooms: Twin sheet set, comforters, crib sheets, pillows & kids blankets.

- **Toiletries**
  - Toiletries: shampoo, baby cream, tooth brush, & tooth paste.

- **Personal Care Items**
  - Toiletries: shampoo, baby cream, tooth brush, & tooth paste.

- **Books & Reading Materials**

- **Art Supplies**
  - Art supplies: paint, paintbrushes, watercolors, charcoal, sketching paper.

- **Office Supplies**
  - Office supplies: paper, pens, pencils, markers, staplers.

- **Toy Needs**
  - Toys: Board games, puzzle books, coloring books.

- **Clothing Needs**
  - Clothing: Shirts, pants, shorts, socks, underwear.

- **Footwear Needs**
  - Footwear: Tennis shoes, hiking boots, dress shoes.

- **Plastic Bags**

- **Building Supplies**
  - Building supplies: nails, screws, hinges, locks.

- **Office Furniture Needs**
  - Office furniture: Desks, chairs, bookshelves.

**Contact Information**

- **www.helpfbms.org • 1-855-HELPFBM (1-855-435-7326)**

**Consider a Planned Gift to FBMS**

Upon hearing of Art McBain’s passing, a young nephew said, “He was the best guy in the world.”

Art’s sudden passing at the age of 57 in January 2011, was both shocking and heartbreaking. His charitable works and fun-loving spirit, however, leave behind a treasure trove of fond memories.

Friends from Green Harbor Yacht Club in Marshfield, where he spent summers since childhood, recalled his devotion to sailing. Sailing was more than just a hobby for Art; it was the lens through which he viewed the world. His boat name, Resolution, was apt. “In a metaphorical sense, his strong internal compass was his guide through life,” said his nephew, William H. McBain III. “Art’s internal compass was faith, family, love, and service to others.”

Art lived in the South End for several decades. An active member of St. Cecilia Parish, he traveled to Haiti in 2009 with the “Hearts with Haiti” mission, building homes and delivering medical supplies. The children of the trip pulled at his heartstrings.

He was extremely devoted to his seven siblings, their children, and his mother for whom he cared diligently in her later years while suffering from Alzheimer’s disease. Nicknamed, “Old Faithful,” by the nursing home staff, he was often the only one from whom she would accept a daily meal.

Art was a well-respected commercial insurance underwriter for 34 years. He began at Continental Insurance Company in 1976, and worked in several branches until they were assumed by CNA Insurance in 1995. He relocated with CNA to the Quincy office, where he worked until his passing.

Art led by example and gave selflessly of his time and treasure to Father Bill’s & MainSpring (FBMS), and other social service agencies. Thanks to his thoughtfulness in life and through his last will and testament, many people helped by FBMS will now find their way. He will be forever remembered as a profoundly generous man who cared deeply for those less fortunate.

**Honoring Art McBain, Longtime FBMS Donor**

July 6, 1953 - January 24, 2011

Lance, age 9, enjoyed a day at the Brockton Rox with his family this past August. Thank you to the Shanes Center for welcoming all of our family program participants to the game!