

Luke's 22nd Annual Crawfish Boil



This year was a great success for Luke Motley's 22nd annual Crawfish Boil benefitting Grand Central Station. It has been more than just a tradition — For us, it's a fund-raiser that brings in food items and donations that help keep the Dining Car's doors open for our underserved neighbors!

"It was a fun filled evening of music, great food and lots of fun for all who came out and supported Grand Central Station — that's what the whole thing is about," Leigh Ann Sims, Executive Board member of GCS stated. "We do everything we do because there is a great need in our community to help feed the homeless and hungry."

This year's event was held from 6 to 11 pm on Saturday May 20th at the Sherman Country Club. The BYOB, all-you-can-eat crawfish boil included a Texas sized good time with music provided by Deryl Dodd. This year's crowned Queen was Cindy Bean. "Its good food and a lot of fun.... an event to look forward to every year," Sims said.

2017 Annual Crawfish Boil Sponsors

Luke & Rosalind Motley, Naif & Cindy Risk, Joel & Kerri Bedgood, Tim & Dale Huntington, Mark & Kathy Bartlett, Eddie & Brenda Young, Brandon Walker, Steve & Ginny Jones, Lee & Bootie Terrell, Garrett & Jamie Riddels, Gary & Teresa Dutton, Chip & Tiffany Adami, Mark & Donna Miller, Brad & Rena Douglass, John & Kimber Elmore, Gaylon & Kassidy Riddels, Adam & Laura LeCrone, Kelly Bickerstaff, Jimmy Garcia, Brad & Vicki McConnell, Greg & Nancy Kirkpatrick, Andy & Stacey Olmstead, Lawrence & Phylliss Davis, Brett & Debbie Graham, Gary & Coleen Grafa, Cameron & Patty Riddels, Scott & Gina Smith, Jim & Nancy Russell, Paul Curtis Bean, Rick & Liz Dunn, Tom & Melida Ailshire, David & Andrea Sroufe, Grayson and Sam Riddels, Jason & Robin Bethel, Barrett Keith Brown, Paul Miller, Eric Kloppers, Joe & Bonnie Fallon, Darrell & Jamie Ramey

VOLUNTEERS NEEDED!

Is your Church or business looking for a mission/outreach program? Are you personally looking for a meaningful volunteer opportunity? Grand Central Station's existence depends on volunteers to prepare and serve meals, greet our visitors, sort and hang up clothes, pack food bags for our children, pick up and deliver food, and help with our ministry!

For more information on a program that meets your individual, church or organization's needs please contact our volunteer coordinators below!

Dorothy McKee – Dining Car - dodiemckee@gmail.com; Deb Allison – Greenhouse - debora_allison@yahoo.com; or Suzi Hamel – Children's Express at suzi.hamel@gmail.com.

IMMEDIATE NEED

NORTH TEXAS FOOD BANK—FOOD DISTRIBUTION VOLUNTEERS NEEDED

Grand Central Station is in need of volunteers one or more Thursday's a month to meet the North Texas Food Bank truck from 10:30 – 12 noon for The Dining Car, Children's Express and Green House food distribution.

Responsibilities: Volunteers meet the Food Bank Truck at the distribution site (The bulk of the work is at the beginning; many hands make light work.) Volunteers help to: Unload the Food Bank truck, organize the product, and or deliver and unload to GCS Warehouse or Greenhouse; (if volunteering for this portion, must provide own transportation).

Physical Requirements: Standing and lifting (approx. 20lbs).

Physical Location: This distribution takes place *outside* in a parking lot rain or shine each Thursday at the Northwest corner of the Sunset Blvd and Hwy 56 parking lot. Look for the North Texas Foodbank truck. Please dress accordingly. We are asking for support to share this community outreach ministry by providing individual volunteers, or a team one day a month.

*Your commitment to serve the under-served citizens in the Texoma area is appreciated.
You are making a difference in their lives!*



NEWSLETTER

GRAND CENTRAL STATION

JUNE 2017

VOL 3 NO. 2

OUR VISION — A HOPEFUL AND NOURISHED COMMUNITY IN BODY, SOUL AND SPIRIT

GCS Celebrated National Mental Health Month In May!

Mountains

By
Letricia Grover

If you see the person I used to be
Will you kindly bring her back to me.
The months have turned into years
And each new day is faced with fear.

Will I sit and be lonely today
Or will my voices take me away?
I go into my darkness so others don't see
The demons that come and torture me.

I wish that I could go back in time
And face the mountains
I should have climbed.
But time after time society knocked me down
So, where a smile
should be, there's a frown.

Will I ever be set free
And come back to reality?
I realize I must face my fears
After all I've been through, all these years.

Now it's time to set things straight
I no longer will have to wait.
It is now time to see things through,
I am now, the person you once knew.

With a history
of family
mental health
issues,
Letricia writes
poems that come
from her heart.

She likes
for her
poems to
resemble the
tasks
she goes through
in her everyday
life.

*Letricia is a contestant for the
2017 Adult Mental Health
Awareness Creative Arts
Contest*

Since our
Beginning
In October 2010

211,432 meals served
51,913 Volunteer hours
100 – 200 meals served daily

GRAND CENTRAL STATION 2017 NEEDS/WISH LIST

- ◆ Natural Gas Tankless Water Heater
- ◆ Volunteer Licensed Plumber to install tankless water heater
- ◆ CANNED Coffee 3#
- ◆ Gallon sized tea bags
- ◆ Plastic Forks, Spoons, Knives
- ◆ Styrofoam soup bowls
- ◆ Pam Cooking Spray
- ◆ Trash Can Liners, 13 & 33 gal
- ◆ Sandwich, Quart & 1 gal Zip Lock Bags
- ◆ Brown Paper Bags 12#
- ◆ Razors
- ◆ Deodorant – small size
- ◆ Toothbrushes
- ◆ Travel size toothpaste
- ◆ Sweet Relish
- ◆ # 10 Canned Goods
- ◆ Louisiana Hot Sauce
- ◆ White cotton men's socks
- ◆ Bottled water

GRAND CENTRAL STATION Appreciates Your Continued Support!

Grand Central Station needs and welcomes your donation in any denomination! Every dollar counts and is used for food for our neighbors, Children's Backpack program, and day-to-day operations for our Soup Kitchen. Your donation is TAX DEDUCTIBLE. Please send your donation to:

Grand Central Station, P.O. Box 3173, Sherman, Texas 75091.

OUR PURPOSE
Provide for the underserved

OUR VISION
A hopeful and nourished community in Body, Soul, and Spirit

OUR MISSION
We provide food, clothing, tools for learning, advocacy, and life solutions, for our neighbors in need, in an environment of safety.

Executive Board
Gail Utter, Sheryl Bradshaw, Leigh Ann Sims, Laura Wheeler

Board of Directors
Debbie Allison, Greg Balek, Ralph Bluemel, Natalie Hulsey, Scott Jasper, Rita Noel, Jamie Riddels, Samantha Riddels, Buffy Todd, Webb Sanderson, Anne Webb

Executive Director: Karen Bray
Kitchen Manager/Chef: Ben Merrill

GRAND CENTRAL STATION DINING CAR
SERVING LUNCH TO THOSE IN NEED
110 THROCKMORTON SHERMAN, TX
(Between Lamar and Houston)

Monday—Friday 9:00am -1:00 pm
Coffee, Juice & Rolls Served at 9am
Hot lunch served between 11-1
Saturdays - bag lunches served at 9 am
Until all food is gone
Showers, washer, dryer available M-F
TV & Computers with WIFI
Volunteer assistance with applications and forms

PHONE: 903-957-0264

Email:

grandcentralstation@gccisp.com

Website: www.grandcentralsherman.com

Facebook:

<https://www.facebook.com/Grand-Central-Station-The-Dining-Car-Soup-Kitchen-129468947076611/>

THANK'S TO ALL OUR SATURDAY STUDENT VOLUNTEERS

St. Mary's Middle School



Anna HS's Beta Club



Leonard High School



Student volunteers help organize our warehouse and pack over 200 brown bag meals for our Neighbors!



Grand Central Station depends on our Saturday student volunteers for various projects.

Some of our groups make sandwiches, pack lunch bags, bag toiletries, clean kitchen equipment and even help organize our warehouse!

We are always looking for Saturday student volunteer groups! Please contact Dorothy McKee, our Volunteer Coordinator to sign your group up today!
dodiemckee@gmail.com



CHILDREN'S EXPRESS

Crutchfield Elementary has participated in the Children's Express Weekend Snack Program since Spring of 2016.

We started small with about 40 bags and currently we send out 95 bags. I could not do it alone without the help of Crutchfield volunteers and the volunteers at Children's Express.

Here at our school we use labels with the child's first name and the child's teacher's name. A Children's Express volunteer, Cheryl Bradshaw, graciously adheres the labels to the bags prior to delivering them to our school.

Thanks to the assistance of our teacher assistants, sending out the bags each Friday is flawless. Either I or one of our teaching assistants delivers the bags of food to each child's homeroom classroom each Friday.

If I'm ever late in getting them out, the kids start asking where their bags are! Most of our kids who receive the bags are on our Free/Reduced Government Lunch program.

Many are classified as homeless, either living with other family members or in temporary housing. Most rely on their breakfast and lunch as their primary nutrition, so the weekend snacks are an added bonus.

The participating children are so excited to get their bags each week. They are delivered in plastic grocery bags and then the children place them in their own backpacks to take home. We call them our "Taste Testers" to avoid the stigma of being "needy".

They were told we needed kids to taste new products to see if other kids and their families might like the foods. And some of the kids are quite vocal about their likes and dislikes. Now kids will come up to me and ask if there is room for more Taste Testers!

Some of our families have hit hard times due to job or home loss or both.

We've had some who have rebounded and asked to be taken off the program and have asked to give their bags to help other more in need.



Of course, I've always got another family in mind that need the program.

Most of the families are appreciative and thankful for the support whether it has been a temporary help or an ongoing need

Our teachers and staff are appreciative of the program as well. When the kids have their basic physical needs met, then they are able to come to school fed, content, and better able to concentrate on their learning.

Thank you to the many volunteers that work tirelessly behind the scenes of Children's Express to ensure our kids have their weekend snacks and not go hungry. For a little one, it's a long time from Friday afternoon to Monday morning.

Susan Simmons
Crutchfield Elementary Counselor



AUSTIN COLLEGE'S ATHENA AWARD NOMINEE

Grand Central Station's Executive Board Member Leigh Ann Sims, was one of the 2017 Athena Leadership Award Honorees in May, at Austin College. A very prestigious award, it is a great honor to be nominated.

The ATHENA Leadership Award was inspired by the goddess of Greek mythology, known for her strength, courage, wisdom, and enlightenment. The program is administered by ATHENA International, a non-profit women's leadership organization, along with licensed host organizations and sponsors. Over 6,000 awards have been presented in the U.S. and around the world since the program's inception in 1982.

The ATHENA Leadership Award® is presented to individuals who have attained and embody the highest level of professional excellence in their business or profession, devote time and energy to improve the quality of life for others in the community, and actively assist women in realizing their full leadership potential.

Success in the banking world defines Leigh Ann's professional life, but outside the office, she is known for her service to the community she calls home. A 14-year member of the Sherman Service League, she recently served as president of that organization, and also serves on the Executive Board of Grand Central Station soup kitchen in Sherman, vice chair of Wesley Village in Denison, and is a member of this year's Leadership Sherman class. For several years, Leigh Ann spent Thanksgiving organizing and preparing dinner for the women and children of the Crisis Center in Sherman. She also is active in Women of Visionary Influence (WOVI).

"A very prestigious award, it is a great honor to be nominated."

