

HOMELESS IN PARADISE

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Column #45



PASTA WITH THE PASTORS

Italian Feast Fetes History And Homelessness

By Wanda Sue Parrott

DINING to benefit the I-HELP Program of Monterey Peninsula has become a legendary faith-based culinary event in Monterey over the years, and you are heartily encouraged to attend. If you enjoy feasting on Italian foods, you'll love this event. Religious affiliation isn't required. A hearty appetite and good heart are the only requisites.

Mark your calendar: Pasta with the Pastors, Thurs., Aug. 27, 4:30 p.m. to 6:30 p.m., San Carlos Parish Hall, 500 Church St., Monterey.

Combining History And Homelessness



Not only will you be forging new history for the homeless of the Monterey Peninsula, you'll be enfolded in the historical aura that permeates Monterey's historic Catholic Cathedral, San Carlos Borromeo de Monterey, founded by Father Junipero Serra on June 3, 1770 as the cornerstone of his Mission.

In 1771, Fr. Serra relocated the Mission to Carmel. The church remained as a Royal Chapel for soldiers guarding the new Spanish Presidio of Monterey. The present sandstone church was completed in 1794.

San Carlos is the oldest continuously functioning church and the first stone building in California. It represents the birth of the Carmel Mission and first capital of California, Monterey.

The grand communal dining hall where Pasta with the Pastors will be served was added much later and is one of the most-popular meeting places in Monterey.

I-HELP, acronym for Interfaith Homeless Emergency Lodging Program, is operated by Outreach Unlimited, a 501 C- 3 nonprofit corporation (IRS #383934212) of St. Vincent de Paul, a Catholic charity.

I-HELP has functioned for 23 years as a committed network of community service groups and local congregations from a variety of faiths that gave overnight shelter and meals to homeless men in transition every night of every year.

Each evening, I-HELP transports single homeless men from a central Monterey pick-up point and returns them in the morning. Some men work; others are seeking jobs; others are retired or recovering from illness or injury.

This year is historic because the first I-HELP for Women is slated to begin operating this fall. Approximately 30 of the 413 homeless women of the Monterey Peninsula should eventually get services now provided only to homeless men.

Seating Is Unlimited But Reservations Are Preferred

There is no limit to the number of individuals or families who may attend; however, in order to estimate how much food to prepare, please make advance reservations, then pick up your tickets upon arrival at the front door.

Because this is a non-profit event, all money received for tickets is considered as donations to the fund. Suggested donations are: Adults, \$15 each; Children ages 4 through 11, who must be accompanied by at least one adult, \$10 each; Children age 3 and younger, no charge.

Tickets may also be purchased at the door, and those who cannot afford the suggested donation amounts may give what they can afford or eat free if they cannot afford to pay.

There is no limit on how high your ticket donation may be. Donations greater than \$15 per adult ticket, for instance, will be gladly accepted.

To make your reservations, send an e-mail to: WeHelpIHelp@gmail.com or fax 831-533-5075.

Best Time To Arrive

Based on my personal experience over the past three years of attendance, the parking lot and dining hall are fullest between 5 p.m. and 6 p.m., so the best time to be sure of getting the seat of your choice and plenty of food is to arrive slightly before 4:30 p.m.

This should assure you of finding adequate seating and having time to browse freely through the items that will be sold in the Silent Auction, as well as to enjoy the whole program. If you have items to donate, contact Karen

Araujo at the address at the end of this column.

If you arrive late, after 6 p.m., you might find the seating plentiful, the auction items gone, and food running low.

Who's Who?

Volunteers wearing aprons, chef's hats and servers' attire will constitute the cast of performers who, in everyday life, are the I-HELP faith community leaders from at least 33 local churches and synagogues: rabbis, priests, monks and pastors.

Also serving will be men of I-HELP sharing appreciation for those who serve them all year.

If all their names were listed, this column would read like an earlier-era's society column's "Who's Who." Because space is limited, names are limited to contacts you can reach for further information.

Contact I-HELP Program Coordinator: Jimmie Richard, 831-998-5911.

Contact I-HELP Development and Community Relations director, Karen Araujo, 831-601-4564.

Contact I-HELP online at www.WeHelpIHelp.org, by mail at: Post Office Box 1447, Marina, CA 93933 or e-mail at WeHelpIHelp@gmail.com.

Ten-Minute Recipe For Pomodoro Fresco Pasta

If you can't attend Pasta with the Pastors, but are hungry for pasta, formerly homeless chef Ernie Guzman shares this "Gay Gourmet" recipe for "Pomodoro Fresco" he once made from dumpster items.

Ernie suggests using 1 package of pasta for four people, and 4 ripe Roma tomatoes for each person to be served. Garlic and basil must be used according to the cook's discretion, as some people like it mild and others highly seasoned.

Ernie says, "I like angel-hair pasta because it's quick and fast. I boil it until it's done *al dente*—meaning it has a little bite to it rather than being overcooked until mushy. You can actually chew it."

He says, "Boil your water and cook the pasta. Salt your pasta by salting the water. When you drain the pasta, stir in olive oil to keep it from sticking together."

While the pasta is cooking, between three and five minutes, quickly prepare ingredients for your sauce by chopping up tomatoes, garlic, and basil. Set aside while heating a saucepan into which a coating of olive oil has been poured. When the oil is hot, stir in your fresh ingredients in this order and sauté each about 30 seconds: first, garlic, then tomatoes, and finally the basil. Add salt and pepper to taste. If you like meat, add pre-cooked shrimp or sausage and sauté until hot. Mix with angel hair pasta and serve steaming hot.

"This is a very light pasta," Ernie says, "and much more flavorful than Spaghetti Bolognese."

No dumpster items are required. Fresh produce from your favorite grocery will suffice!

Bon appetit!

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