

Volume 5
Summer
2019

The BANQUET

A Community Meal

www.TheBanquetND.com

ADOPT-A-BLOCK COMING SOON!



She didn't know what she helped get started. Char Hagel just stopped Jim Barnhardt, our Banquet Board Chairman and said she would like to donate to the Banquet food truck. Char didn't know Jim had mentioned to his wife

Cindy the night before about a possible delay in getting the food truck started due to another priority. Cindy said the Food Truck was meant to be and the Food Truck would take care of itself.

When just the next day Char walked up to Jim and gave him the check and specifically mentioned to apply it to the Food Truck it was a great surprise for Jim. **It just seemed like such a God thing.**

THANK YOU Char Hagel!

Your donation will prove to be more of a blessing to the people of Bismarck than you know!

**More Details on
Adopt-a-Block
Coming Soon!**

CATCH THE VISION! THE BANQUET JOINS THE DREAM CENTER NETWORK!

DETAILS ON PAGE 5



THANK YOU CASH WISE NORTH!



Regular attendees at The Banquet have probably noticed a big increase in the amount of fresh fruits and vegetables, milk and even meats The Banquet is offering free of charge to our guests. All this is a result of an effort coordinated by Great Plains Food Bank and the generosity of Cash Wise Food North store.

Each week, the selection is different. If you are in need of help with your grocery bill check out the "free product" tables at The Ban-

**Serving
Tuesday & Thursdays
5:30pm - 7:00pm
Saturday
11:30am - 12:30pm
At Trinity Lutheran!**

**Serving Sunday
Noon - 1pm
At The Salvation Army!**



Karla's Korner

Karla Eisenbeisz
Executive Director

Healthy bodies and minds require nutritious meals at every age. But when people don't have enough food or have to choose inexpensive foods with low-nutritional value, it can seriously impact their health. And once the cycle of poor diet and poor health begins, it can be hard to break.

Simply put, hunger's toll can be life altering.

When someone is sick, having to choose between food and treatment can lead to serious complications. For example, for food-insecure adults living with diabetes, the choice between food and controlling the disease can even lead to complications like kidney disease, eye disease and nerve damage.

- Food insecurity can lead to Type 2 diabetes, high blood pressure, heart disease and obesity.
- Children at risk of hunger are more likely to be in poor health and struggle in school.

Family members in food-insecure households are also more likely to struggle with psychological and behavioral health issues. And kids struggling to get enough to eat are more likely to have problems in school and other social situations.

Food insecurity is a big health issue. That's why we are working to introduce a Food Truck to low-income neighborhoods. That's why we have the food giveaway tables at The Banquet during meals. Thanks to the new Cash Wise North and Great Plains Food Bank we have been able to distribute much food that otherwise would have gone to waste. We also work to ensure each meal is well balanced serving each one of the 4 food groups.

The battle against food insecurity is constant but we believe the low income, especially our children and seniors are worth the fight.

Want to join me in the fight against hunger? Give me a call at 701-202-4749 if you would like to join the fight by sponsoring a meal.

Till next time,

Karla



The Banquet would like to publicly thank our Banquet Board Members. Each one of the people on our 9 member board donates their expertise and many hours of their time to growing The Banquet's capacity to serve. Their professional expertise and life experiences are vital to The Banquet. If you happen to meet one of the people listed below as they work, play and volunteer in our community, please stop them and say THANK YOU for being part of The Banquet team!

MEET THE BOARD!

The Executive Board leads the way for the decision-making process of The Banquet. Below is a list of our board members who help make The Banquet successful.

Chairman

Jim Barnhardt - Business Owner
J & R Vacuum & Sewing

Past Chairman

Keith Keller - Refinery
Retired

Secretary

Jim Morgan - Physical Therapist
Sanford Health

Board Members

Mike Baltzer - Project Engineer
Retired

Terri Benson-Holmstrom - Realtor
NextHome Legendary Properties

Lisa Chaffee - CPA
Eide Bailly LLP

Missy Helgeson - Medical Director
Heartview Foundation

Jeannie Messall - OPT Admin. Assistant
Heartview Foundation

Casey Chapman—Attorney
Chapman & Chapman

VOLUNTEER FEATURE

DENNIS & SUSAN OWEN MAKING A DIFFERENCE!



We choose to volunteer at the Banquet to make a difference to the community and the people of it. Both of us were raised to treat others as we would want to be treated and to help out when possible. Our careers

had us moving from place to place, never really part of a community. Now we feel like we are part of something, we belong and have a purpose. We enjoy meeting people of different backgrounds and have experienced many of the same economic struggles that they are living through. This is our way of giving back for the life we now have. Where else would we ever get to learn how to run a commercial dish washer, wash hundreds of dishes etc. without being paid and feel good about it?

Thank You Dennis & Susan For Always Being There for Us!

KOHL'S INVOLVEMENT KICKS INTO HIGH GEAR!



What a great teambuilding experience for Kohls volunteers! During the month of April Kohls volunteers helped us out during a total of 9 meal serving days! Outside of our great "Blue Shirt" volunteers, that must be some sort of record! Kohls also made a greatly appreciated financial donation to The Banquet's meal ministry effort.

If your family or organization would like to share a great volunteer experience contact The Banquet Marketing Director Marion Kiefer at 701-391-0376 for more information.

ANNA MARIE AESCHLIMAN "THE COOKIE LADY"



Her name is Anna Marie Aeschliman. She's Karla's go to person for baked goods, especially cookies. When she helps serve meals at the United Way Sunrise Homeless Shelter, the people there call her "the cookie lady". Whether it's a simple chocolate chip cookie or something elaborate, Anna

Marie's cookies are great! Here's what Anna Marie has to say when asked why she bakes.

"I bake because God gave me the talent of baking. I love to use this God given gift to serve the needy. The Banquet gives me the opportunity to serve others. My philosophy is everyone needs a cookie!"

Next time you get one of Anna Marie's chocolate chip cookies to top off your Banquet meal, take note of the extra chocolate chips on the top. Anna Marie strategically places extra chocolate chips on top as a treat to cookie lovers.

Anna Marie's cookies are amazing!

Thank You for Having a Volunteer's Heart!

Save
THE Date

FRIDAY, MAY 31

The Banquet
NIGHT WITH THE LARKS

BISMARCK MUNICIPAL BALLPARK
303 West Front Avenue | Bismarck, ND 58503
Gates open: 6:35 pm | First pitch: 7:35 pm

The
BANQUET
A Community Meal

Thank You!

**The Banquet Wishes to Thank
Volunteers From The
ND Department of Corrections
For Being Such Great Servants
To Our Community!**

Thank You!

Thank You!

Our Mission:

The Banquet is a multi-generational, family friendly ministry feeding the body, mind and soul.

Our Goal:

Expansion to serving meals 7 days each week.

The Need:

As The Banquet continues to expand we are in need of equipment to help us procure and store food, as well as cut costs. Since our biggest cost at The Banquet is food we are looking for donations to make us more cost efficient and be able to better use some of the surplus food we are presently not able to work with.

The Banquet "Wish List"

☐ Refrigerated Box Truck

We have opportunities to receive bulk donations of food for The Banquet but do not have a suitable vehicle to pick up the food. A refrigerated box truck would be a great way to cut food costs allowing us to more efficiently serve the community.



Coming!

☐ Commercial Milk Dispenser

Milk is high in protein and an important part of most people's diet, especially children and seniors. A commercial milk dispenser would allow The Banquet to serve more milk at a lower cost.



Donated!

☐ Chest Type Freezer

The ability to keep receive larger quantities of meat is not possible with our present freezer capability. A larger chest type freezer would be perfect for additional frozen storage needs.



☐ Latex Gloves

Latex gloves are a must for food handling and The Banquet goes thru lots of them.

☐ To-Go Boxes

Some of our guests cannot eat all their meal or take an extra meal for tomorrow or a "shut-in" neighbor. We use restaurant style to-go containers for safe food handling.

☐ Cash Donations Are Always Appreciated Too! Amount \$ _____

If you would like to donate any of the above items to The Banquet, please check off the item you would like to donate and return this page to The Banquet.

Your Name: _____

Street Address: _____

City, State & Zip Code _____

Mail to:

The Banquet
502 N. 4th St.
Bismarck, ND 58501

Or Call Karla at 701-202-4749

All Donations To The Banquet Are Tax Deductible!



Thank You To the People of Trinity Lutheran For Building The Foundation of The Banquet

Over the last 14 years you have done a superb job of parenting and nurturing The Banquet. We are very thankful for all you've done for The Banquet. The time has now come for your child to gain independence and leave the security of our home. We have grown up.

The Banquet is committed to starting a fund drive to move to a freestanding facility and better serve our community by serving meals 7 days each week. We will be active in other ministries that will make you proud as well. Like a child moving away from home, we are building on the solid foundation you have given us, exploring new ministries and ways to serve those in need of food, compassion or love.

We will always remember our roots and be quick to say "We are The Banquet".

"Thanks Mom & Dad"

"We'll make you proud."

Matthew 25:44-45 "They also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or needing clothes or sick or in prison, and did not help you?'"

⁴⁵ "He will reply, 'Truly I tell you, whatever you did not do for one of the least of these, you did not do for me.'"

Einstein Brothers Bagels



**Just So
You
Know!**

For the last couple of months, bagels have appeared at The Banquet food giveaway table. We thought you should know those bagels are none other than Einstein Bagel.

Each week we receive a nice selection of bagels from Einstein Brothers Bagel on south 3rd. Street.

Thank You Einstein Brothers Bagels
For Being One of Our Banquet Partners!

ATTENTION VOLUNTEERS!



NOW THAT'S A PAN! THANKS KEITH & LONNIE!



Banquet Board Member Keith Keller partnered with Lonnie Lindteigen to build the ultimate pan! The mega-pan has a 30 gallon capacity and is perfect for soups, stir fry and lots more! It's built of heavy gauge stainless steel and even has it's own drain. In other words, it's perfect for The Banquet kitchen!

Thanks Keith & Lonnie!

THANK YOU BEARSCAT BAKEHOUSE!

Now How Cool Is This?



A special thank you to Bearscat Bakehouse owner Kevin Cavanagh & his son Zane.

Almost every Thursday night Banquet guests are treated to Bearscat Bakehouse donuts Kevin donates for The Banquet to give away to our guests. Kevin and Zane stick around and volunteer to serve our guests as well.

Sometimes the Cavanagh's make it a family affair with Kevin's wife Tina and daughter joining Kevin and Zane to serve guests.

The Cavanagh's heart for serving is very much appreciated!

Want to Volunteer As a Family?

Contact Karla at 701-202-4749 to get involved!

ASK KARLA TO SPEAK TO YOUR ORGANIZATION

The Banquet has been operating for 14 years and is on the grow! We have expanded to serving 4 days and over 1,000 meals each week. Banquet Director Karla Eisenbeisz is available to speak to your group about the mission and growth of The Banquet, our future and how you can get involved! Karla's talks are relevant and can be tailored to fit your time frame. The Banquet is a great team building experience as well as a fun way to get involved in our community.



Contact Karla at 701-202-4749 to schedule.

Thank You KNDR Radio Listeners!



January 29th KNDR Radio Hosted The Banquet.

Each year, following the annual Fall Sharathon, a portion of gifts and pledges during the two day event are *given back* to a "ministry partner." (It's sort of like a tithe from the giving) KNDR's ministry partner for 2018 was The Banquet.

The Banquet would like to publicly thank KNDR listeners for their support and involvement in the community.



We really do mean it when we say "A Community Meal"

The Banquet is open to anyone wishing to attend regardless of income, race or religious faith.

We are ALL About the Food & The Community!



Front to Back

Cindy Barnhardt - Jeannie Messall
Karla Eisenbeisz & Jim Barnhardt

"On the Food Truck"

The Banquet

(At the Dream Center)

It's a BIG Vision

But WE Serve a BIGGER God!

The date was March 4th, 2019. Four of us, including my wife Cindy, Banquet Director Karla Eisenbeisz and Banquet Board Member Jeannie Messall were going on what we considered to be the ULTIMATE missions trip. The destination was the Dream Center in Los Angeles. Upon landing in Los Angeles during the late afternoon we picked up our rental car, fought a bit of big city traffic and made our way to the Dream Center. Arriving there and seeing the scope of the facility, I was in awe. While I had seen pictures and read about it, I was finally there to work. I was there to observe, to learn and to work for in some cases "the least of these". Like some of the Dream Center T-shirts say "We Get To Serve"

During our 5 day missions trip to the Dream Center we worked in their Food Program, Adopt-a-Block, KidzJam and Clothing Outreach. We also volunteered on the infamous Skid Row twice, passing out water, snacks and socks. Just like The Banquet, the Dream Center has a meal ministry. Just like The Banquet, they pass out food to the low income people of the community when they come to the facility. In addition, the Dream Center has the Adopt-a-Block program which is very impressive. The Dream Center has "adopted" poverty stricken areas of the city and has scheduled food trucks loaded up with donated food and going out to those areas of the city, setting up in designated areas and distributing food to the needy. KidsJam is a program oriented towards doing something fun with the kids and at the same doing a simple non-denominational lesson on Christian values.



So what did we learn at the Dream Center?

We NEED A BISMARCK VERSION of the DREAM CENTER!

Generational dysfunction is a very real problem. While in many cases, being low income is a result of circumstances such as health issues, generational dysfunction is a very real issue. With addictions, including the present opioid crisis and sometimes lack of education or money management skills, the cycle continues. Mom & Dad didn't make good decisions and that may be passed from one generation to the next. Sometimes it's not dysfunction. Sometimes it's hereditary health issues or illness such as a very serious case of diabetes or cancer as well. The problem is once you are down so far it's hard to get back out of the poverty cycle. When you're at the bottom of the cycle you have trouble keeping a car running, trouble paying the rent, trouble paying for food and trouble paying medical bills. Unfortunately, that means when the car breaks down or someone gets sick, jobs are lost and you eventually could lose your home and become homeless. One of the people who manages well over 1,000 people at a Bismarck institution once told me we are all just a short distance away from homelessness. What a true statement that is.

Now imagine if Bismarck had a facility where we could help people with their basic needs like food. Imagine a facility where we could, working with others in the community offer financial assistance and counseling. Imagine a world where we could reach the **children** and teach them self respect. Imagine a facility where **seniors** would feel comfortable to come and share **community** over a meal. Imagine a "Bismarck Version" of the Dream Center.

Join us as we catch the vision and make The Banquet at the Dream Center a reality.

Jim Barnhardt

Banquet Board Chairman



The BANQUET

A Community Meal

Hosted at Trinity Lutheran Church
502 N 4th St • Bismarck, ND 58501

Galatians 6:9

Let us not become weary of doing good, for at the proper time we will reap a harvest if we do not give up.

How You Help The Banquet

“Build a Better Community One Meal at a Time”

- **Sponsor a Meal**

Tuesday, Saturday or Sunday-\$625

Thursday-\$1,250 400-500 Meals Served!

- **Volunteer!**

Share in a great team building experience!

- **Gifts of ANY AMOUNT always appreciated!**

The Banquet is cost efficient at providing a well balance meal for our guests.

- **Gifts in Honor/Memory of a friend or relative.**

What better way to remember that person who made a difference in your life?

- **Be a Free Resource!**

We are adding free resources for those we serve and are looking for community partners.

- **All Donations Are Tax Deductible!**

- **Pray For Us!**

Don't underestimate the power of your prayers!

