

Sugar Plum visions

News from Sugar Plum Bakery

Holiday 2018

Artistic ability outshines intellectual disability

Few people could crochet their own wedding dress. But few people are as special as Betsy. The gown took her a whole year to complete. When is the big day?

"Whenever I can get a man to marry me!" explains Betsy. She said she's waiting for a man who's "not wanting to watch a football game all the time—and needs to love Animal Planet all the time."

While she waits, she has plenty of other artistic pursuits to keep her occupied. Betsy is skilled at bead working, needlepoint, knitting, latch-hooking rugs and pillows, and jewelry making. She also spends a lot of time drawing—most recently a "cabana treehouse" she envisioned.

Betsy came to Sugar Plum in May 2014, after finding her job filing papers at a law firm too dull. As a previous Employee of the Month at Eggleston, Betsy clearly had the makings of a great bakery worker. She just needed to get down the basics first.

"They had to help me stay away from chocolate, I said, or I would eat it all up," she said. "Don't eat while we work, we learned that. I do have a 10% discount if I want to buy something. I ordered my birthday cake and my brother's."

With her flexibility and skill, Betsy was soon given a variety of tasks at Sugar Plum. Her favorite, though, is to make green icing leaves with the piping bag. She also delights in applying the colored sugar to the "Cookie Monster" desserts ... though she warns that anytime she's in charge of them, they will get purple

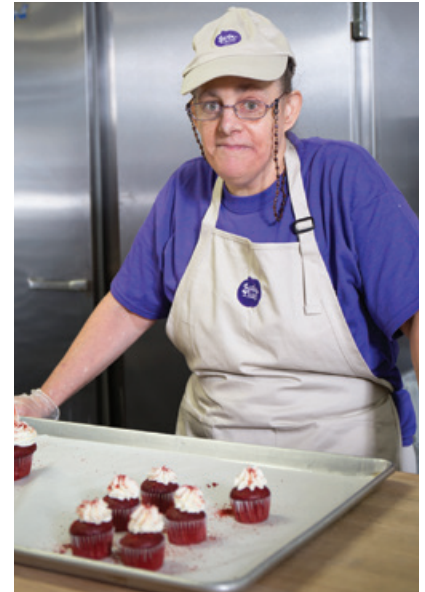
sugar because it's her favorite color. Betsy is most valued, though, for her amazing patience with co-workers—especially those with more limited abilities. She's even learning American Sign Language so she can talk to two co-workers, one who is deaf and one who is mute.

"I love how Betsy is so kind with everyone," said Patricia Rakes Clark, executive director of the bakery.

"She is all about teamwork and getting the job done. She is so creative and a joy to be around. She's always ready to help."

Betsy can read, write and recognize numbers, so she helps other workers with jobs like marking expiration dates on baked goods. She is proud of her two-bedroom apartment, situated in a typical complex with nondisabled neighbors, though supported-living staff visit her daily to help with tasks like cleaning and grocery shopping.

When she's not working, spending time with friends, or hosting her father and brothers (who all live in Vermont), Betsy is busy with crafts, word puzzles and her cat, Dandelion. Her life might be even fuller than yours! But then, that's the point.



"I love how Betsy is so kind with everyone. She is all about teamwork and getting the job done. She is so creative and a joy to be around. She's always ready to help."

*—Patricia Rakes Clark,
Executive Director*

This holiday season, you can support Sugar Plum when you shop!

Shop for everyone on your list at smile.amazon.com. You shop. Amazon donates.

amazonsmile



As 2018 draws to a close, please consider Sugar Plum Bakery for your year-end giving.



Our Mission

The mission of Sugar Plum Bakery is to serve the needs of persons with disabilities through training, employment, and education. Sugar Plum Bakery will promote the integration of people with developmental disabilities into society by helping them become independent and working, contributing members of our communities.

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Executive Director

Keeping up with the cupcakes

It's an exciting time around the bakery. As our "new" building ages a bit, we've had to make some replacements and updates—including new floors in our Cake Room and elevator, a replacement air conditioning unit, and new energy-efficient interior lighting that leaves the bakery glowing. The city's decision to move forward with widening Laskin Road will create some challenges, but we're prepared.

We enjoyed a beautiful day at Bayville Golf Club on June 26, for our Annual Sugar Plum Golf Classic. Special thanks to Rick Westbrook and the staff at Bayville, Sugar Plum Executive Director Trish Clark and the bakery staff, Chairman Chuck Ferrer and the Golf Committee, and MOST OF ALL, the many volunteers, players and sponsors of this very special event. The Golf Classic is our only annual fundraiser and critical to our mission. Thank you!

As you consider the recipients of your 2018 year-end gifts, I kindly ask that you please keep in mind people like Betsy, whose story is on the front page. Your gift to Sugar Plum will change lives in more ways than you can imagine. Wishing you the happiest of holidays and a wonderful new year.

Thad Nowak
President, Sugar Plum Board of Directors



Our festive treats are perfect for holiday parties!



Yule Log:

A yuletide tradition with a twist. Yellow sponge cake filled with chocolate butter cream and decorated to resemble a log. Faux mushrooms and holly berries adorn the cake.



Holiday Rum Ball Cake:

Baby, it's cold outside! Two whole layers of rum-flavored yellow cake, iced with vanilla butter cream and garnished with handmade toasted coconut rum balls. Each rum ball garnishment is intricately iced with holiday-themed designs.



Holiday Cookies:

Butter sugar cookies, a year-round favorite, take on holiday-themed shapes and are decorated with colorful sugars and icing. Our robust gingerbread cookies are made from scratch with molasses, ginger and cinnamon.



Call us at **757.422.3913** to place your order today.

Our vital ingredient is you

Regular support from the community enables Sugar Plum Bakery to continue meeting its mission of serving individuals with disabilities. As always, we appreciate every gift that comes to us, and we offer sincere thanks to all of our donors. The following is a list of donors who made contributions between April 1 and September 30, 2018.

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IN MEMORIAM

WE'RE SADDENED BY THE PASSING OF
BOB NUSBAUM AND ED SNYDER,
LONGTIME SUPPORTERS OF SUGAR PLUM AND ITS MISSION.

*Bakery sales help offset our expenses, but
the reality is, our organization relies on the
generous financial support of donors like you.*

Your year-end support enables us to
sustain our mission and make a positive difference
in the lives of individuals with disabilities.



Board Member Spotlight: George Stepanovich



*George and Kate Stepanovich
with their daughter, Mary.
Son John was born in October.*

How did you get involved with Sugar Plum?

I own and operate The Bagel Baker, where a frequent customer is my friend Tim Rivas. He also comes from the food industry and is a longtime board member at Sugar Plum. Tim approached me about joining the board, as someone who understands the business. I was familiar with Sugar Plum and its noble cause. There's something endearing about the workers' outlook on life, their positivity about doing the simplest tasks. We can learn a lot from them. I was excited for the opportunity.

What do you bring to the board, professionally and personally?

Working in the food business every day, I understand the logistics of getting a product made and out to your customer. I know how important it is to retain a reasonable price in the face of market struggles like driver shortages, cost fluctuations for flour and gas, etc. On the personal side, I believe there is no greater cause in life than helping others. Sugar Plum is like an

orchestra—there are all these different parts, from volunteers to the workers to management staff—and everyone is humming together perfectly.

What do you love about your business?

I started my bagel shop and deli seven years ago, as the recession was winding down. I realized there was a niche in the market for a good bagel shop. Everyone can afford a bagel! I have surgeons sitting next to road crews, eating breakfast and lunch. My family has always been in the restaurant business, but I didn't want something on a large scale, with a bar that stayed open late into the night. The Bagel Baker's hours allow me to be home with my family for dinner, and to pick up my daughter from school.

Where else are you involved in the community?

I'm very active with my church, Annunciation Greek Orthodox Cathedral. I'm also a board member with AHEPA (American Hellenic Educational Progressive Association), a brotherhood that fundraises for causes like medical research and promotes Hellenic values including education and democracy.

What's your favorite Sugar Plum treat?

The donuts, because I can eat them on the run. I had a strawberry shortcake donut last week that was amazing. But all the product is wonderful... when you add the mission, and the story behind it, how do you not become a customer for life?

Skills, life lessons, and confidence: fresh from the oven.

Sugar Plum Bakery
1353 Laskin Road
Virginia Beach, Virginia 23451

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Cake of the month

Tuxedo Cake: Scrumptious chocolate pound cake with chocolate chips baked inside and topped with melted fudge. This is a special cake we have created just for the holidays!



To order a Sugar Plum Sweet Indulgence, call 757.422.3913
or visit the bakery at 1353 Laskin Road.
Open Monday – Friday, 7 a.m. to 6 p.m.; Saturday, 7 a.m. to 5 p.m.

www.sugarplumbakery.org

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