

☞ Eat Well ☞ Do Good ☞

Good food, good company and good deeds.

What is it? Every month I welcome old friends, new friends and soon-to-be friends around my table for a special dinner. But it's more than a party. By combining grassroots philanthropy with a fun and festive evening, these dinners are an investment in the community.

Over the past several months generous donors and diners have donated \$1,625 to great causes like Habitat for Humanity, March of Dimes, Women's Business Center, Friends of the Norris Cotton Cancer Center and Alzheimer's Association.

I'm taking a break for the summer. The next dinner will be September 12th and we'll raise money for the Alzheimer's Association.

Who benefits? Everyone.

There's me. I get to spend a great evening with wonderful people and see donations funneled to organizations I believe in.

There's you. You'll enjoy great company, great food and the happy knowledge that you are helping a worthy cause.

There's the organizations. They'll receive funding they urgently need.

What organizations? And why?

Alzheimer's Association. My grandfather had it. Now my mother, along with 5.3 million Americans, suffers from it.

Habitat for Humanity. My great grandfather was a contractor, my grandfather was a master carpenter and I want to support the all-American dream of home ownership.

March of Dimes. I was born with a partially dislocated hip. My mother was a March of Dimes mother and I'm happy to pick up where she left off.

Friends of Norris Cotton Cancer Center. Like most people, I know too many individuals and families who have been affected by cancer.

Women's Business Center. Entrepreneurs are critical to NH's economic health. As a business woman, I am proud to be the WBC's Board Chair and help others achieve economic security and independence.

When is it happening? The first or second Sunday of the month:

January 10th

February 6th

March 7th

April 11th

May 2nd

June 6th

September 12th

October 3rd

November 7th

December 5th

▪ **Susan Nye, writer, cook and more** ▪

▪ web site: www.susannye.com ▪ blog: www.susannye.wordpress.com ▪

▪ email: susannye@tds.net ▪ telephone: 603.526.7319 ▪

▪ FaceBook: www.facebook.com/swny ▪ Twitter: twitter.com/susannye ▪

▪ cooking video clips: www.youtube.com/susannye ▪

▪ snail mail: PO Box 1875 ▪ New London ▪ New Hampshire ▪ 03257 ▪

How does it work? It's easy to join the party. You just donate \$25 (per person) to my cause-of-the-month and bring along a bottle of wine (also per person) on the night of the dinner party. I donate the food and my time so **100% of your donation goes to charity. You even get the tax deduction!** It is my way of saying thank you for supporting a non-profit which is near and dear to my heart.

What's for Dinner? It's too early to figure out the menu. Check back in early September.

To reserve a spot(s), email me (aroundthetable@tds.net) or call me at 603.526.7319. I'll let you know if space is available. Reservations are first come/first serve. Next, make your donation; you can donate on line or by check – but please do it quickly. To confirm your spot at the dinner you must send me proof of your donation.

To join the dinner on September 12th you will need to make a minimum donation of \$25 per person (feel free to donate more) to The Alzheimer's Association. I have set up a Team Libby donation page to raise money for the Alzheimer's Association and honor my mom. You will find the Team Libby page at:
<http://memorywalk2010.kintera.org/manh/susan4teamlabby>.

Alternatively, you can donate by check. Make your check out to The Alzheimer's Association and send it to me at PO Box 1875, New London, NH 03257. As soon as you confirm your donation, I'll confirm your seat at the party.

My family and I will be raising money to fight Alzheimer's from now until October. Our goal **is to raise \$5,301 to fight this horrible disease.** The \$5,300 is for the 5.3 million sufferers in the US. **But this fight is personal and that extra \$1 is for Mom.** Whether you choose to donate \$25, \$250 or \$2,500, I hope you will consider adding one more dollar for your parent, grandparent or friend who suffers from Alzheimer's or even for my mom.

Dinner will be served around 7:00. You are welcome to arrive anytime after 6:30. Bring your appetite, good cheer and bottle of wine (if it's white, please make sure it is chilled.)

I look forward to sharing my table with you. Thank you and,

Bon appétit,



If you would like to receive regular updates on the Eat Well – Do Good Project send an email to aroundthetable@tds.net with the subject <<Subscribe Eat Well – Do Good>>.

- **Susan Nye, writer, cook and more** ▪
- web site: www.susannye.com ▪ blog: www.susannye.wordpress.com ▪
- email: susannye@tds.net ▪ telephone: 603.526.7319 ▪
- FaceBook: www.facebook.com/swny ▪ Twitter: twitter.com/susannye ▪
- cooking video clips: www.youtube.com/susannye ▪
- snail mail: PO Box 1875 ▪ New London ▪ New Hampshire ▪ 03257 ▪