

Sugar Plum visions

News from Sugar Plum Bakery

Spring/Summer 2009

Transition students ready for sweet success

Way to go, grads

Congrats to the 2009 class
of employment transition students:



Cameron
Princess Anne High School



Brittney
Cox High School



Wesley
Green Run High School



Jasmine
Ocean Lakes High School



André
Landstown High School



Jessica
Princess Anne High School

Their lives are about to change. And André, Brittney, Cameron, Jasmine, Jessica, and Wesley can't wait.

They're Sugar Plum Bakery's 2009 class of employment transition students. It's not that they want to leave the bakery; it's that their training has made them able to get a job.

"I want to start looking for a good job that I enjoy," Cameron said. Brittney, who now aspires to be a baker or chef, is eager to seek out restaurant positions. And Wesley has dreams of buying a laptop and living in his own place.

The six students from Virginia Beach high schools were each trained in three distinct areas of the bakery: production, decorating and design, and retail. In rotating through the departments, they gained a comprehensive understanding of each area and the duties involved.

The students speak with pride about what they've learned. "I know how to look for cupcake decorating ideas on the Internet when we're in the computer room," Jessica said. "I learned how to use the big mixers and make cake batter and caramel icing," Andre explained. "I can decorate cakes, make Rice Krispie treats, and help customers," Brittney added.

Asked how the program will help them in the future, Cameron said, "It gave me experience in baking and janitorial work that could help me when I start applying for jobs."

But Jasmine may have summed it up best. "When I go for a job," she said, "I can say I worked at Sugar Plum."

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Golf Classic drives bakery fundraising

Many thanks to all of the players and sponsors who made the 2009 Sugar Plum Golf Classic a huge success. The annual Classic benefiting the Sugar Plum Endowment Fund, held April 28 at Bayville Golf Club, sold out again this year.

Next year's Golf Classic will be held in April 2010 at Bayville Golf Club – sign up early as we expect another great turnout! Direct your inquiries to Chuck Ferrer at chuckf@almarine.com.



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 mental and physical disabilities into society by helping them become independent and working, contributing members of our communities.

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Dear friends and neighbors

Tuesday, April 28, was just another day for most people. But for Sugar Plum, it was one of our most important days of the year; the bakery's annual fundraising event, the Sugar Plum Golf Classic.

A special thanks to Dean Hurst and his staff at Bayville Golf Club, all of our generous sponsors, Golf Classic Chairman and board member, Chuck Ferrer, the Golf Committee, and the hard-working crew at the bakery. I'm delighted to report that once again the Classic was a terrific success, which, this year, is even more critical as we implement our new Van and Transportation Program.

The success of the Golf Classic, our only annual fundraiser, is vital to our endowment as we work toward securing our mission for years to come.

Speaking of fundraising, on behalf of the board and staff I'd like to congratulate The Curtis Group on its 20th anniversary. The firm's fundraising direction and guidance have played an important role in Sugar Plum's success over the years. We're proud that Keith Curtis and his team remain dear friends of the bakery today.

As we head into another fun-filled outdoor season in Virginia Beach, please keep Sugar Plum in mind. Our array of scrumptious desserts will complement your summer-time picnics and cook-outs.

Warmest regards,

Thad Nowak

President, Sugar Plum Board of Directors



Sugar Plum welcomes Frank Meyer

After a long career in food service and sales, Frank Meyer became a job coach in 2001. Now as Sugar Plum Bakery's new employment specialist supervisor, Frank calls on his background in both fields.

In 1970 the Navy brought the New Jersey native to Hampton Roads and he never left. His career has included stints with Kraft Foods, Energy Mizer, Oscar Mayer & Co., and Jack & Jill Ice Cream. He co-owned Sandbridge Restaurant and for 14 years was part owner of Miller Wholesale Meat Co. More recently, he was a job coach for Chesapeake Services System and a case manager for the city of Portsmouth.

Frank and his wife of 39 years, Janet, have two sons, Adam and Andrew, and two golden retrievers, Champ and Elby. Frank holds a bachelor's degree in psychology, loves water sports and snow skiing, and is a recreational archer. The story about how he met Janet in an Iowa corn field might be a good ice-breaker.

Sugar Plum Visions is published by the board of directors of Sugar Plum, Inc., a non-profit organization that provides an employment program for the developmentally disabled. If you have questions or comments, please contact Patricia Rakes Clark, Executive Director, Sugar Plum Bakery, 1353 Laskin Road, Virginia Beach, Virginia 23451, (757) 422-3913. Email: sugarplumbakery@verizon.net

Sugar Plum contributors

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 October 23, 2008 and April 20, 2009.

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Sugar Plum Bakery is grateful to the folks at the Hilltop location of Heritage Bank, which made a \$1,000 gift to the bakery at its grand opening. Pictured from left: Warren Harris, executive director, Virginia Beach Economic Development Authority; Mike Ives, president and CEO, Heritage Bank; Patricia Rakes Clark, Sugar Plum's executive director; and Thad Nowak, president, Sugar Plum board of directors.

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Bakery to offer Medicaid program

Sugar Plum is excited to announce that starting July 1, we will house two Medicaid-funded training enclaves at the bakery. Each enclave will have seven clients who will work in production as well as participate in art and music. For more information, call Melissa Avery at 757.422.3913.



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

Sugar Plum Bakery
1353 Laskin Road
Virginia Beach, Virginia 23451

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Bakery introduces Plum Club, gift cards



Sign up for our new Plum Club at www.sugarplumbakery.org and receive advance notice on special bakery events, promotions, and our e-only offers. For a limited time, new members receive **20% off** on any prepaid special-order cake! And if you tell us your birthday month, you'll receive a free cupcake.

Can't find the perfect gift? Stop by Sugar Plum and pick up a gift card in any amount. If you end up keeping it for yourself, we promise not to tell.

For more information, call 422-3913 or visit the bakery at 1353 Laskin Road.