

# Sugar Plum visions

News from Sugar Plum Bakery

Spring 2010

## One heartwarming holiday surprise begets another

In December, Cmdr. John York, M.D., a Virginia Beach resident, emailed Sugar Plum Bakery. His wife was having a bad day and he wanted to do something nice for her. Later that day, he called the bakery to discuss what kind of surprise treat could be delivered to her.

A chocolate mousse cake was decided upon, a neighbor was recruited to assist with the surprise, and Cmdr. York's wife and children ended up delighted by the special delivery.

This might not seem like a big deal except for the fact that Cmdr. York emailed and called the bakery from his duty station, a NATO Multinational Medical Unit in Afghanistan.

But the story doesn't end there. Realizing that Cmdr. York wouldn't be making it home for the holidays, the staff of Sugar Plum came up with a surprise of their own. The bakery staff packaged up a big shipment of gingerbread cookies, and the clients in Sugar Plum's training enclaves made holiday cards to accompany the cookies.

A few weeks later, Sugar Plum received a thank-you card from Cmdr. York. The cookies were a huge hit, he said, with



Beach resident Cmdr. John York, M.D. (center) said Sugar Plum's cookies were much appreciated by his NATO colleagues in Afghanistan.

the medical unit's multinational staff, which included British, Dutch, Danish, and German personnel.

And allow us to add, Cmdr. York, that you and your colleagues are a huge hit with us. Thank you for your service and sacrifice.



## Let Sugar Plum create your dream wedding cake

Fresh or silk flowers? Chocolate seashells? A fountain? The choices in designs, colors, and fillings can be overwhelming. But with over 12 years of cake design experience, our wedding cake coordinator will help you create the cake of your dreams.

From gorgeous tiered and heart-shaped cakes to elegant square or sheet cakes, you can rely on Sugar Plum to make sure every detail of your wedding cake is perfect for your special day. Call 422.3913 to set up your wedding cake consultation.

## Mark Your Calendar

~ what ~

2010 Sugar Plum  
Golf Classic

~ when ~

Tuesday, April 27

~ where ~

Bayville Golf Club  
Virginia Beach

~ why ~

To raise money for Sugar  
Plum's Endowment

~ who ~

For more info, contact  
Chuck Ferrer  
[chuck@almarine.com](mailto:chuck@almarine.com)



## 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 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

First, a special note of thanks to E.C. Wareheim Foundation, KOVAR, and COG for helping make our long-awaited transportation program a reality. If you see our "PlumTran" van out on the road, give them a wave. You can't miss it!

Second, a heartfelt thank-you to all of our supporters who remembered Sugar Plum with their year-end giving. It is only through your kindness and generosity that we're able to continue our mission.

Third, are you as eager for spring as I am? I knew it was nearly here when I put the Annual Sugar Plum Golf Classic on my calendar for Tuesday, April 27. We hope you'll save the date, too. Not only is it our only fundraising event of the year, the folks at Bayville Golf Club make it a whole lot of fun. See you there!

Warmest regards,

Thad Nowak, President, Sugar Plum Board of Directors



## The Board Room: Colleen Gard

When the boss asks you to help out with a project, it's hard to say no. So Colleen Gard dove in when Thad Nowak, board president and her boss at Hall Automotive back then, asked her to help with the Annual Sugar Plum Golf Classic. In fact, she did such a good job, she was asked to join the board.

A Northern Virginia native, Gard moved to Hampton Roads to earn her bachelor's and master's degrees in education from Old Dominion University. Now a stay-at-home mom, she is the mother of two girls, Courtney, 12, and Sarah, 8.

"I like seeing what the bakery does for adults with disabilities," Gard explains, "and that we're able to help them grow and thrive and have prosperous lives. Everyone involved with the bakery gives 125 percent to help."

## Sugar Plum Goes Green

From new flooring to cleaning products to the paper this newsletter is printed on, the Sugar Plum staff is taking the bakery green. Employees even have reusable drinking bottles and cups so they won't have to use paper ones.



The bakery is also looking out for the environment by recycling office paper, magazines, batteries, and ink cartridges. And when Shred-It comes in periodically to shred documents, they recycle the paper.

We'll keep you updated as we implement more green practices. They might even give you ideas for your home or workplace.

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](mailto: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 September 5, 2009 and March 1, 2010.

## Endowment

DC and Denise Auman  
*In Honor of Charlie and Lynda Malbon*  
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*In Memory of Capt. and Mrs. Carl F. Turk*  
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Robert and Katherine Vorona



## Welcome!

An official note of welcome to job specialist **Linda Green**, who recently joined our Sugar Plum family. We're happy to have you with us.

Join the Plum Club  
for sweet savings



Sign up for our Plum Club at [www.sugarplumbakery.org](http://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.

Check us out on Twitter and Facebook:  
[www.twitter.com/sugarpluminc](http://www.twitter.com/sugarpluminc)  
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*Skills, life lessons and confidence: fresh from the oven.*

Sugar Plum Bakery  
1353 Laskin Road  
Virginia Beach, Virginia 23451

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## *Holiday items: special occasions merit special treats*

With Sugar Plum's creative holiday offerings, it's easy to plan ahead for Easter, Mother's Day, and graduations. These luscious delights will add a special touch to your spring celebrations. And we can customize them, too.

### *Easter*

**Bunny Face Cakes:** 9-inch yellow or our famous carrot cake, iced and decorated with a cute bunny face with big floppy ears.

**Coconut Bunny:** Yellow or carrot bunny cake, iced and coated in coconut flake

**Cotton Tail Bunnies:** Large bunnies available in yellow or carrot cake

**Mini Bunnies:** Available in yellow cake; all bunny cakes are hand dipped and decorated to create an adorable little bunny

**Easter Eggs:** Large eggs available in yellow or carrot cake, hand dipped and decorated to make one fancy egg that tastes even better than it looks; small or petite eggs available in yellow cake

**Cupcakes, Cupcakes, Cupcakes:** Yellow, chocolate, carrot, red velvet; iced and decorated

**Hot Cross Buns:** Traditional bun with currants and candied citron, available only at Easter

**Dinner Rolls, Snowflake Rolls** (also known as Potato Rolls):  
Perfect for all the family dinners

### *Mother's Day*

With more than 40 kinds of cakes to choose from, there's sure to be one your mom will love. Stop by to see what our cake decorators will create for her special day.



### *Graduation*

After all those years of work, doesn't your grad deserve a personalized cake? Bring us a picture of your graduate and we'll scan it on the cake, or decorate it with the traditional cap and diploma scroll – we can even match school colors. All sizes available, small to large. Bring us your ideas, too; we love to help create the perfect cake.

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