

**A place where healing of body, mind and spirit
can happen for any and all who come."**

The TACO Times
Third Avenue Charitable
Organization, Inc.
First Lutheran Church
1420 Third Avenue
San Diego, CA 92101-3193

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Miller,

Save the date...

Sunset by the Sea

September 20, 2008 4:30 - 7:30



The TACO Times

Vol. 4 No. 4

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Third Ave. Charitable Org. Inc.
1420 Third Ave.
San Diego, Ca. 92101-3193

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The TACO Times

Celebrating 31 Years of Bread Day

Volume 5, Issue 3

August 2008

Sunset by the Sea

September 20, 2008
4:30 - 7:30 p.m.

6209 Camino de la Costa
La Jolla, CA 92037
Tickets \$75

Tea ceremony, wine tasting,
Live and Silent Auction and
all the trimmings of a late-
summer buffet meal. Free
parking and shuttle avail-
able.

Come celebrate and sup-
port our organization and
enjoy the fellowship and a
beautiful view!

Information:
(619) 235-9445

Director's Report:

Welcome to our August 2008
Taco Times. We are excited to
be talking about our Fall Fund-
raiser, the Sunset by the Sea
event set for Sept. 20th, 2008.
This event will be great fun for
all who come. We have unique
and enjoyable events planned
during the evening. We will
have wine tasting, fantastic bar-
beque and salads prepared for
our event, Tea Tasting and a
Tea Ceremony held in the Chi-
nese style.

**Not to mention the Silent
and Live Auctions.** Again this
year we have Joe Slevcove, a
member of First Lutheran who
will be conducting our live
event. He has made the evening
fun and exciting and we plan for
nothing less. This year we have
the pleasure of having our event
hosted by Dr.s. Vani and Rup
Nagala, two physicians living in
North Dakota who own a beau-

tiful house in La Jolla, affording a
gorgeous view of the ocean and
we're hoping for a magnificent
sunset.

We are thankful to Deb Hoisted
and Jo Koch for their connec-
tion with our hosts and for their
ability to bring this event about.
A few months ago, I was able to
meet with Drs. Vani and Rup
Nagala and give them a tour of
the clinics here on a Monday
night. They were very suppor-
tive of the work they saw here.
You will read more in these
pages about the event. I hope
you will consider attending.

For the past two years, we
have looked to this event to
cover a growing percentage of
our budget for the following
year. This year is no different
especially as the economy con-
tinues to make grant money
harder and harder to access.



As I mentioned above, we are
relying more and more on our
donations to provide for the
services we provide. We are
thankful to all of you who do-
nate to our work in the down-
town community. A special
thank you to those of you who
have chosen to regularly give to
our organization throughout the
year.

Continued on Page 2

TACO Wish List

- * Disposable razors
- * Travel-sized tooth-
paste
- * Deodorant
- * Coats

Hot Sunset by the Sea Auction Item: Padres Skybox

So the Padres aren't exactly hot
this year, but does it really mat-
ter when you're watching the
game from a coveted Petco Park
skybox?

That's just one of the items up
for bid at Sunset by the Sea, this
year's TACO fundraiser featur-
ing a live and silent auction.

The skybox package is for Sep-

tember 27 – just one week after
Sunset by the Sea on September
20. Start a mental list of your
best friends now, because he
box seats up to 20. While the
auction committee hasn't
worked out all the details yet,
the plan is to allow bidding on
smaller groups of seats.

Meanwhile, the committee is
hard at work collecting and

organizing other exciting dona-
tions, including museum passes,
restaurants certificates, spa gift
certificates and other entertain-
ment certificates. Live auction
items so far include original
artwork and painted furni-
ture. Several carefully-
selected theme baskets will
be up for grabs on the silent
auction as well.

Sunset by the Sea: A Fundraiser for TACO



Sunset by the Sea will be held 4:30 to 7:30 p.m., Saturday, September 20 at 6209 Camino de la Costa in La Jolla, a beautiful, three-story private home with gorgeous ocean views that was just made for entertaining.

Guests will enjoy a sophisticated late-summer picnic with wine, beer and soft drinks – plus yummy dessert and a chocolate fountain.

Wine tastings will be available,

and Bliss Tea will introduce guests to the intricacies of the Chinese tea ceremony.

Because this is a private home, transportation via shuttle from a nearby lot is being arranged.

Sunset Sponsorships Now Available!

Sponsors are special donors that cover, or help cover, the costs of food, drink, equipment, drink, entertainment and all the

little things that make the event a success. The more sponsors we're blessed with, the more money we raise for TACO.

The Sunset by the Sea committee is actively seeking sponsors for several aspects of the event. Please contact Jim Lovell or Rachel Line at TACO (619) 235-9445 for a list of specific needs. We'll see you at Sunset!

TACO would like to thank...

Gregg Rayo, for helping ease the transition due to the departure of former food coordinator Paul Moorman, who moved to Baltimore this month. Paul left a big pair of shoes to fill and Gregg has made sure the kitchen runs smoothly in his absence.

The organizers of the 2008 volunteer event, Ladonna Piper and board member Francie Montgomery. Volunteers were treated to a cruise of the San Diego harbor as a way for the board to show its appreciation of all the good work they put in over the course of the year.

Did you know you can donate to TACO online?
Check out www.tacosd.org for more information

TACO's 5th Annual Christmas in July Fundraiser



It's summertime, and if you know TACO, you know that means it's time to think about Christmas.

Specifically, Christmas in July, our annual drive to raise money for Christmas gifts to all our clients at special holiday meal.

This year, just \$20 will buy a high-quality duffel bag, especially helpful for those who have few places to keep their

most valuable belongings, such as money, medicine, clothing, and identification. Theft and loss of these items is a common problem for those living on the street.

Organizers Ladonna Piper and volunteer coordinator Rachel Line have seen to it that Big Five Sporting Goods of El Cajon will graciously provide us the best quality for such a small amount of money. Giving and receiving these gifts is an excit-

ing experience for everyone involved.

The goal for this year's project is 250 duffel bags, but "we're always willing to beat that number," Ladonna said.

Please call the TACO office if you need more information on how to make a donation: (619) 235.9445, extension 124.

Director's Report, continued

We are able to provide services relying on your regular giving. Also thank you to those of you who saw our request for specific fees for regular services and gave money for our housing fund, for birth certificates, bus passes, eyeglasses, and the like. I was really struck by the amount of very basic services that we are assisting with on a weekly basis. Whether you donate for a specific service or if you are giving to our general fund, you are helping those in need to see physicians, to receive care that would otherwise be stopped, potentially causing life-threatening problems.

Recently I met a gentleman who is in his late 30s. He had come to our medical clinic because he had been coming to our meal program for several years. Though he is young, he has had a pacemaker installed about one year ago. The day he came to meet with our clinic, he was in need of a medication without which he would die. He had gone to the emergency room after his sys-

tem was shocked by his pacemaker. There they had treated him and sent him out with a prescription that he could not afford to fill. So, here he was with a prescription that he needed and no medical care.

He saw a medical student who consulted with the Attending Physician. I was asked to be involved when it was clear that he needed this life-saving medication or he would die. We called to the local pharmacy and the medication was around \$50. As he had no money, he would have been unable to fill that prescription, but we were able and for the next month he was able to take this daily medication.

I cannot tell you how happy I am to be working with an organization that is able to meet this kind of need and provide this most basic service. Of course, we need to plan for the next month and how do we help him to not be at risk each and every month. Those longer-term goals cannot be forgotten. They and the imme-

diated goals are part and parcel of providing good care at our clinics at Third and Ash.

We are thankful to our dedicated volunteers who are here week in and week out. This summer we also had groups come through like the Lutheran Camps and Retreats, Beach Camp.

We are so thankful for the great interest by those in high school to come and commit themselves in service when they could have been having fun in the waves at the beach.

Our regular volunteers were treated to a 2 hour cruise of the San Diego Harbor on August 23rd. This event was sponsored by our board of directors for TACO. Thank you to them for their recognition of the hard working volunteers who are the life-blood of our organization.

Peace,
Jim Lovell



What Goes on at the Medical Clinic?

As you probably know, TACO runs several free clinics which provide medical care, dental care, acupuncture treatments and legal counsel to the homeless and working poor of downtown San Diego. But what actually happens at these clinics?

This month's column takes a look at the Friday morning medical clinic run by the UCSD Student-Run Free Clinic Project, coordinated by Dr. Ellen Beck.

The clinic starts at nine in the morning, taking place at the same time as the Friday meal. By 10 a.m. there are often more people here than they can see. Walking up the stairs to the second floor, visitors see a sign written in English and Spanish describing the clinics services, times, and rules. A line of waiting patients sits in the shade of the overhang, waiting to be seen.

When their turn comes, they will either be taken inside for a checkup or speak outside with

one of the volunteers from UCSD's medical school, who work under the supervision of attending physicians. The primary care clinic works as the first point of consultation for most of the people who visit it.

Most of the patients receive the necessary care they need at the clinic itself, including costly medications; other times people's illness and injuries are such that we are able to assist them in getting to a hospital.

