



THE COMMITTEE ON TEMPORARY SHELTER
ALMANAC



ONE YEAR AT COTS

*COTS programs, annual events,
volunteer opportunities, and more*





ABOUT COTS

The Committee on Temporary Shelter (COTS) is the largest service provider for people who experience homelessness or are marginally housed in Vermont. COTS advocates for long-term solutions to end homelessness.

Mission Statement

COTS provides emergency shelter, services, and housing for people who are experiencing homelessness or are marginally housed in Vermont. COTS advocates for long-term solutions to end homelessness.

Core Values

We believe: in the value and dignity of every human life; that housing is a fundamental right; and that emergency shelter is not the solution to homelessness.

Our Story

In the fall of 1982, amid a recession and high unemployment, a group of concerned citizens in Burlington, Vermont, set out to help those who had lost their homes and needed a safe, warm place to stay. On December 24, 1982, with temperatures below freezing, COTS opened its doors with two volunteers welcoming anyone who needed shelter. Since then, COTS has evolved programs and services to meet urgent and emerging needs, while also developing and implementing innovative long-term strategies to prevent and end homelessness. Today, we are a nationally recognized nonprofit that serves more than 2,400 people each year through shelter, services, housing, and prevention outreach -- all made possible through generous community support.



MAP OF COTS PROGRAMS



because everyone deserves a home.

Waystation & The Wilson

187 Church Street, Burlington

St. John's Hall

184 Elmwood Avenue, Burlington

Main Street Family Shelter

278 Main Street, Burlington

Firehouse Family Shelter

120 N. Champlain Street, Burlington

Smith House

30-32 N. Winooski Avenue, Burlington

COTS Daystation & HRC

95 North Avenue, Burlington

Canal Street Veterans Housing

120 West Canal Street, Winooski

JANUARY

COTS Historic Dates:

January 2011: The Canal Street Veterans Housing program opens in Winooski -- one of the only housing programs in the country that enables veterans to stay with their families.

Volunteer Opportunities:

- **Daystation Lunch**
- **Speaker's Bureau Opportunities:**
Invite a COTS speaker to your organization, business, or classroom.

Burlington Weather (F):

- Avg. Temperature: 27 degrees
- Avg. Snowfall: 21 inches
- Avg. Daylight: 9 hours
- Avg. Sunlight: 4.1 hours

Weather Records in January:

Snowfall: 33.1 inches in a single 2010 storm

Lowest Temp. Recorded: -30 degrees in 1957

Urgent Donation Needs:

Blankets, sheets, warm socks, hats, gloves, hand warmers, foot warmers

Holidays:

- Jan 1: New Year's Day
- Jan 20: Martin Luther King Jr. Day

Obscure Holidays:

- Jan 5: National Bird Day
- Jan 11: Dress Up Your Pet Day
- Jan 28: National Kazoo Day

Produce in Season:

Vegetables: Broccoli, artichoke, carrot, cauliflower, Brussels sprout, fennel, lettuce, spinach, turnip

Fruits: Kiwi, orange, clementine, lemon, grapefruit, apple, pear, dried fruits

Historic Dates:

January 1, 1862

Ellis Island in New York opens, and 20 million new American immigrants are processed until its closing in 1954.

January 1, 1863

The Emancipation Proclamation by President Abraham Lincoln frees slaves in the states rebelling against the Union.

January 17, 1994:

Executive Order 12892 is amended and requires federal agencies to further fair housing programs and activities.



Housing Spotlight: CANAL STREET VETERANS HOUSING

120 West Canal Street, Winooski

In the early 2000s, the Department of Housing and Urban Development reported that, on any given night in January, about 40,000 veterans nationwide were experiencing homelessness. Additional data from military resources also showed that about 1 in 10 people who were experiencing homelessness in the United States at this time was a veteran.

In response, the Canal Street Veterans Housing program created housing, not shelter, for formerly homeless veterans. The program, which opened in January 2011, provided veterans with time to transition back into the community. This program was unique for its ability to serve veterans with families and help keep the family unit intact while the veteran sought supportive services from COTS. The housing project was partnership between COTS and Housing Vermont.

The Canal Street facility offered both transitional and permanent affordable housing units. Each apartment has its own kitchen and private bathroom. On the ground floor, a shared common space features a large kitchen and living room area for residents to come together and build community.

Veterans in the program participated in training, education, and/or employment programs. They were also linked to services at the VA Outpatient Clinic. Residents and clients receive support from COTS Housing Navigators.

In 2020, the VA declared that Chittenden County had ended veteran homelessness. The need for the transitional housing Canal had offered didn't exist anymore. This was tremendous good news! Now, the building provides affordable housing, where veterans receive preference in placement.

*Learn more about Canal Street
Veterans Housing by visiting
cotsonline.org.*



GARY HALL

JANUARY

FEATURED VOLUNTEER OPPORTUNITY:

Daystation Lunch

What is the Daystation Lunch program?

We rely on the support of volunteers to donate, deliver, and serve lunch at the COTS Daystation, 7 days a week, 365 days a year. The Daystation is located at 95 North Avenue in Burlington and is COTS' daytime center for single adults who are homeless. Lunch is served every day at 12:30 p.m. in our warming kitchen. Providing lunch at the Daystation is a great team building activity for your organization, business or school.

What should I make?

We request that meals be healthy and well-balanced. Soups and casseroles are typical fare, but some people really go all out and serve food items such as roasts, potatoes and gravy, vegetables, etc. Fruit or a low-sugar dessert is welcome as well. However, we try to stay away from sweets and pastries because many guests are diabetic. We ask that you please plan on feeding up to 50 people. In addition, a variety of recipes -- complete with adjusted measurements -- can be found throughout this book.

What if I can't cook but I still want to help?

Not a cook but still want to take the Daystation to lunch? Let Sugarsnap Catering – and COTS' Cookies for Good partner – whip up a delicious meal (including entrée, salad, and dessert) for 50 guests. The entree will be a seasonal dish (such as roasted turkey, potatoes and green beans). To order or for more information, call Sugarsnap at (802) 861-2951.

Who can help?

Volunteers must be 18 years old to serve lunch. However, families or groups with children can prepare the meal offsite and drop it off for our staff to serve. We recommend that you bring groups of 8 or less due to space restrictions.

How do I sign up?

You can sign up directly on our website for any open date via our calendar portal at cotsonline.org. You also can find answers to frequently asked questions, recipe inspiration, and more on our website.

Questions? Call (802) 864-7402, or send us a message at volunteer@cotsonline.org.



Interested in serving lunch at the Daystation this month? Check out the recipe below featuring **in-season produce like kale**. Measurements have been adjusted to accommodate 50-60 people.

Kale & Brussels Sprout Pasta with Toasted Breadcrumbs

INGREDIENTS:

- 5 pounds farfalle or shell pasta
- 20 cups fresh kale, chopped
- 20 cups Brussels sprouts - halved, if large
- 10 sweet yellow onion, chopped
- 3 + 3/4 cups flour
- 3 + 3/4 cups salted butter
- 2 gallons + 2 quarts skim milk
- 20 cups shredded cheddar cheese
- 3 tablespoons + 1 teaspoons black pepper
- 10 cups panko bread crumbs
- 1/2 cup olive oil

Optional: red pepper flakes, hot sauce



DIRECTIONS:

1. Cook pasta according to package instructions, making sure to generously salt the water. Drain and set aside.
2. Wash and drain kale and Brussels sprouts. Roughly chop kale into 1-inch sections. Blanch in boiling water for about 1 minute. Remove from water, season with salt and pepper to taste, and set aside.
3. Roughly chop Brussels sprouts in half -- or more, if large. Heat a skillet with 1-2 tablespoons of olive oil, add Brussels sprouts. Season with salt and pepper to taste, and add fresh minced garlic, if desired. Cook until brown (5-7 minutes). Remove from heat, and set aside.
4. Melt butter on low heat in a large saucepan. Add chopped onion, increase heat, and cook until translucent and fragrant. Add flour, and stir immediately until combined. Slowly add milk, stirring constantly. Add black pepper and salt, to taste. Increase heat and stir constantly, allow 5-6 minutes for sauce to thicken. Lower heat, and stir in shredded cheese until melted and combined.
5. Heat olive oil in large skillet on medium heat. Add Panko breadcrumbs in one layer in the pan. Toss/stir breadcrumbs frequently until golden brown.
6. Add cooked pasta, kale, and Brussels Sprouts to cheese sauce and stir until combined. Pour pasta into large glass or foil pan. Top with toasted breadcrumbs and enjoy.

Optional: Once in the baking pan, add additional shredded cheese to the top and bake in broiler until cheese has melted. Top with toasted breadcrumbs.

FEBRUARY

Volunteer Opportunities:

Speaker's Bureau Opportunities

Invite a COTS speaker to your organization, business, or classroom.

Urgent Needs:

Did you know that you can donate your gently used coat to COTS? Just take it to any Gadue's Dry Cleaning location where they will clean it free of charge.

Burlington Weather (F):

- Avg. Temperature: 30 degrees
- Avg. Snowfall: 16.4 inches
- Avg. Daylight: 10 hours
- Avg. Sunlight: 5.2 hours

Urgent Donation Needs:

Blankets, sheets, warm socks, hats, gloves, winter coats, hand warmers, foot warmers

Holidays:

- Feb: Black History Month
- Feb 2: Groundhog Day
- Feb 14: Valentine's Day

Obscure Holidays:

- Feb 6: National Chopsticks Day
- Feb 9: National Pizza Day
- Feb 17: Random Act of Kindness Day

Produce in Season:

Vegetables: Beets, broccoli, artichoke, carrot, cauliflower, lettuce, leek, turnip, spinach

Fruits: Kiwi, orange, tangerine, clementine, lemon, grapefruit, apple, pear, dried fruits

Historic Dates:

February 3, 1870

The 15th Amendment to the U.S. Constitution is ratified, guaranteeing the right of citizens to vote, regardless of race, color, or previous condition of servitude.

February 20, 1962

Astronaut John Glenn becomes the first American launched into orbit. Glenn reached an altitude of 162 miles, and completed three orbits around the Earth aboard the "Friendship 7" spacecraft.



February

FEATURED OPPORTUNITY:

COTS Speaker's Bureau

The COTS Speakers Bureau is designed to educate the public about the many causes of homelessness, solutions that can end the crisis of homelessness, and what individuals and organizations can do to make a difference. You can invite a COTS speaker to your school/classroom, business, or organization any time of the year.

Our speakers include COTS staff and board members, advocates, and people who are or have experienced homelessness. All presentations can be tailored to meet specific needs and time frames. Our speakers often spark interest in becoming involved with the efforts to end homelessness, especially at the local level.

At schools, members of the COTS Speakers Bureau address all grade levels, leading age-appropriate discussions about COTS and the issue of homelessness. It's a great way for students to gain a better understanding of who experiences homelessness and why, and what the reality of not having a home in the United States means. Common topics for younger grades include what it's like to experience homelessness, how families live together in COTS shelters, and how to get involved. COTS also has developed a variety of educational games that can be played with large groups in order to help make this difficult topic more accessible.

Personal and group tours of select COTS facilities are also available for those wishing to learn more about COTS shelters and services. For more information, please call (802) 864-7402 or send us a message via email at info@cotsonline.org.

**Please note, we do not send speakers more than 30 miles outside of Burlington due to travel time and associated costs.*



Interested in serving lunch at the Daystation this month? Check out the recipe below featuring **in-season produce like cauliflower and broccoli**. Measurements have been adjusted to accommodate 50-60 people.

Broccoli, Cauliflower & Navy Bean Soup

INGREDIENTS:

- 20 cups broccoli florets
- 30 cups cauliflower florets
- 10 cans navy beans, drained
- 10 cups carrots, chopped
- 10 yellow onions, chopped
- 30 cloves of garlic (about 3 full heads), chopped
- 3 gallons + 3 quarts vegetable or chicken broth
- 3/4 cup olive oil
- 9 + 1/2 cans of diced tomatoes, drained
- 10 tablespoons dried Italian herbs
- Red pepper flakes to taste
- Salt and pepper to taste

For serving: Shredded Parmesan cheese and chopped flat leaf parsley



DIRECTIONS:

1. In a large pot or saucepan, heat olive oil over medium-high heat. Add onion and garlic; cook until onions are translucent and garlic is fragrant about 2 minutes. Add carrot and cook stirring occasionally for 2-3 minutes. Add the broth, tomatoes, Italian herbs, red pepper flakes, salt and pepper.
2. Bring to a boil, reduce heat and simmer for 5 minutes to combine all of the flavors together.
3. Stir in navy beans, then rinsed broccoli and cauliflower florets. Continue to simmer gently until broccoli and cauliflower are cooked through but still crunchy, about 5 minutes.
4. Adjust seasoning with salt and pepper, garnish with Parmesan and fresh parsley and serve immediately. Enjoy!

Recipe note: If you want to thicken the soup a little, mix 1 tablespoon coconut flour or cornstarch with 1/4 cup (125ml) cold water, then add to the soup 5 minute before the end of cooking time.

Pairs well with a piece of crusty bread, and/or fresh seasonal salad.

MARCH

COTS Historic Dates:

March 2002:

COTS purchases Main Street Family Shelter to provide emergency shelter for 10 families year-round.

Volunteer Opportunities:

Daystation Lunch Volunteers - We depend on volunteers *like you* to help provide a meal 365 days a year.

Burlington Weather (F):

- Avg. Temperature: 40 degrees
- Avg. Snowfall: 15.8 inches
- Avg. Daylight: 12 hours
- Avg. Sunlight: 6.2 hours

Urgent Donation Needs:

Razors, shampoo, conditioner, body wash, soap, hand lotion

Holidays:

- March 5: Chinese New Year
- March 8: International Women's Day
- March 17: St. Patrick's Day

Obscure Holidays:

- March 1: World Compliment Day
- March 3: Caregiver Appreciation Day
- March 14: National Pi Day

Produce in Season:

Vegetables: Beetroot, broccoli, carrot, spring onion, radish, spinach, watercress, turnip, fennel

Fruits: Kiwi, orange, clementine, grapefruit, apple, pear

Historic Dates:

March 4, 1789

The first meeting of the new Congress under the new U.S. Constitution takes place in New York City.

March 3, 1847

Alexander Graham Bell, the inventor of the telephone, is born in Edinburgh, Scotland.

March 10, 1880

The Salvation Army is founded in the United States, and operates today in 90 countries.

Program Spotlight: MAIN STREET FAMILY SHELTER

278 Main Street, Burlington

COTS can host 10 families at a time at Main Street Family Shelter in Burlington. COTS family shelters are the only family shelters available in Chittenden County, and are open 24 hours a day, 365 days a year. Families can stay for up to six months while they work with COTS staff to find affordable housing, employment, child care, and health care.

Children raised with housing instability are often at the greatest risk of experiencing homelessness themselves. With that in mind, we take a long-term approach to homelessness prevention with our children's programming in shelter. We aim to effectively intervene now to stabilize parents and children, help them build new skills, and stop homelessness from happening in the future.

Homelessness is not just a financial crisis but also an early education issue. COTS has implemented additional support for children. This includes COTS' Children's Education Advocate who enrolls children in family shelter in quality early learning, preschools, after-school, and summer camp enrichment programs. These relationships arranged in shelter continue after families move into permanent housing.

We coordinate volunteer-based learning activities, including field trips, art projects, and cooking demonstrations.

Mark Rice built this house in 1806; early histories note that Rice used the basement to store goods during the War of 1812 and that Rice was a member of the Underground Railroad, sheltering people escaping slavery. Additions to the building were added 1850 and 2002. COTS purchased the building in March of 2002 from the YWCA, which had owned and operated the facility since 1963.

Learn more about COTS Family Shelters and our other programs by visiting cotsonline.org.



March

FEATURED VOLUNTEER OPPORTUNITY:

Family Shelter Playroom Volunteers

COTS has many volunteer opportunities in shelter for volunteers interested in working with children. Playroom volunteers are needed to spend time with children in shelter at both Main Street and Firehouse Family Shelter. Time can be time spent playing games, coloring, painting, reading, or any other activity that you and the children are interested in doing together.

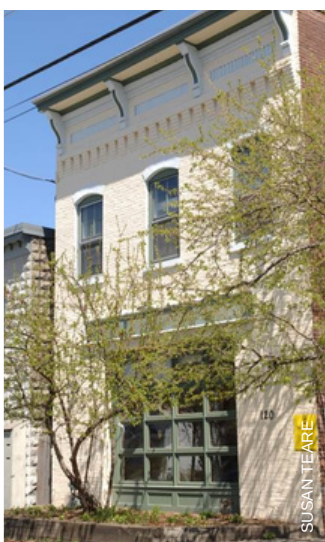
Strong interpersonal skills are important. We ask that volunteers commit to a minimum of 2 hours per week for a minimum of three months. An orientation will be provided. In addition, an application, interview, confidentiality agreement, references, and a background check are required. Volunteers must be age 18 or older to volunteer in shelter.

If you are interested in a playroom volunteer position, please fill out a volunteer application at cotsonline.org. Questions? Call (802) 864-7402, Ext. 207 or email us at volunteer@cotsonline.org.

Other Ways to Help at Family Shelter:

Adults: Kids in the Kitchen program. Help cook with children in shelter using healthy in-season fruits and vegetables using easy to follow recipes. Help kids learn about problem-solving, following directions, and kitchen and food safety.

Children: Organize a drive for special family activities, such as movie or bowling passes, gift certificates to restaurants, bookstores, and recreational activities.



Interested in serving lunch at the Daystation this month? Check out the recipe below featuring **in-season produce like carrot and green onion**. Measurements have been adjusted to accommodate 50-60 people.

Vegetable Fried Rice

INGREDIENTS:

- 3 sticks butter
- 17 eggs
- 17 carrot
- 8 white onion
- 5 cups frozen peas
- 1 + 1/2 cups fresh garlic, minced
- 33 cups white rice
- 25 green onions - thinly sliced
- 2 cups soy sauce
- 3 + 1/2 tablespoons oyster sauce
- 1 tablespoon sesame oil



Optional: Add more protein by including diced ham or sliced kielbasa sausage.

DIRECTIONS:

1. Heat 1/2 tablespoon of butter in a large sauté pan over medium-high heat until melted. Add egg, and cook until scrambled, stirring occasionally. Remove egg, and transfer to a separate plate.
2. Add an additional 1 tablespoon butter to the pan and heat until melted. Add carrots, onion, peas and garlic, and season with a generous pinch of salt and pepper. Sauté for about 5 minutes or until the onion and carrots are soft.
3. Increase heat to high, add in the remaining 1 1/2 tablespoons of butter, and stir until melted. Immediately add the rice, green onions, soy sauce and oyster sauce (if using), and stir until combined.
4. Continue stirring for an additional 3 minutes to fry the rice. Then add in the eggs and stir to combine. Remove from heat, and stir in the sesame oil until combined.
5. Serve topped with green onions.

APRIL

COTS Historic Dates:

April 1, 1990

The first COTS Walk kicks off after singing Phil Collins' song "Another Day in Paradise" from First Congregational Church in Burlington.

April 11, 2017

COTS Housing Resource Center, Daystation, Development, and administration are moved to the newly renovated 95 North Avenue building.

Volunteer Opportunities:

Spring Cleaning Volunteers - It's almost time for the annual COTS Walk, and we need volunteers to help clean and brighten up our program spaces for Walk Day.

Burlington Weather (F):

- Avg. Temperature: 54.7 degrees
- Avg. Snowfall: 4.6 inches
- Avg. Rainfall: 2.8 inches
- Avg. Daylight: 14 hours
- Avg. Sunlight: 6.9 hours

Urgent Donation Needs:

Toiletries, shampoo, body wash, toothpaste, toothbrushes, socks, and blankets

Holidays:

- April: Stress Awareness Month
- April 1: April Fools' Day
- April 22: Earth Day

Obscure Holidays:

- April 7: World Health Day
- April 10: National Siblings Day
- April 20: Volunteer Recognition Day

Produce in Season:

Vegetables: Asparagus, broccoli, spring onion, lettuce, rhubarb, turnip, spinach, artichoke

Fruits: Orange, lemon, apple, pear, strawberries

Historic Dates:

April 11, 1965

The Elementary and Secondary Education Act was passed by President Lyndon B. Johnson. It is the most far-reaching federal legislation affecting education ever passed. It helps to fund primary and secondary education, emphasizes equal access to education, and establishes high standards and accountability.

April 11, 1968

The Fair Housing Act, or Title VIII of the Civil Rights Act, is passed. It prohibits discrimination in the sale, rental, and financing of housing based on race, color, national origin, religion, sex, familial status, and disability.



Program Spotlight: COTS HOUSING RESOURCE CENTER

95 North Avenue, Burlington

When you come to visit COTS Housing Resource Center (HRC) at 95 North Avenue in Burlington, you will find that prevention comes first. COTS HRC is one of the first programs that guests and clients see when they enter our historic main-office building. Prevention is a key part of how COTS works to enact solutions to end homelessness, and we believe that it should always come first.

COTS Housing Resource Center was established in 2008 as a centrally located one-stop resource providing assistance to households at risk of homelessness, and those currently experiencing homelessness. Individuals and families often fall into homelessness due to an unforeseen event beyond their control such as the combined burden of a job loss, unexpected medical bill, and/or major car repair. Households in need are presented with a wide-range of programs, including financial assistance and guarantees, housing navigation services, on- and off-site, educational and financial training, and linkage to community providers.

In its first year of operation, COTS HRC helped 351 households avert homelessness through one-time grants to aid with unanticipated expenses to prevent households from experiencing eviction or foreclosure. In more than a decade, COTS HRC has helped thousands of households avoid the crisis of homelessness entirely, or become rapidly re-housed.

The Housing Resource Center is COTS' largest program, and serves more than 300 households each year.

Learn more about the COTS Housing Resource Center by visiting **cotsonline.org**.



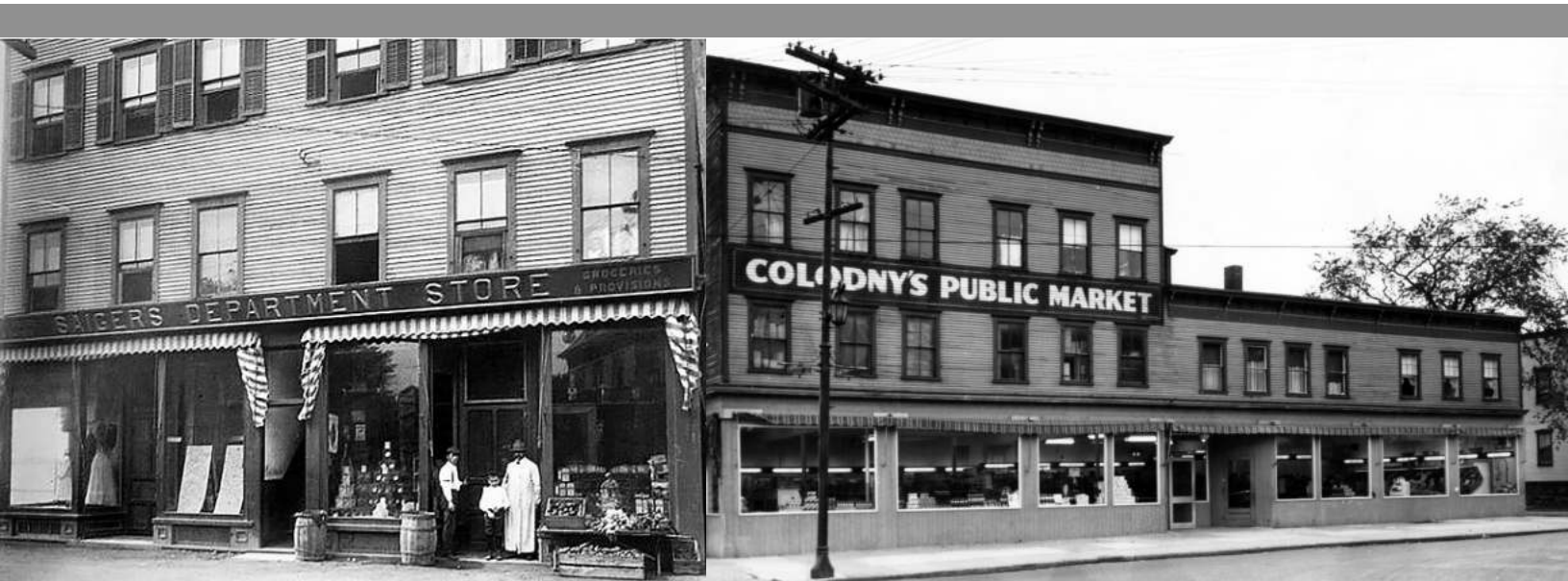
CAROLYN BATES

Looking Back: A HISTORY OF 95 NORTH AVENUE

The 95 North Avenue building opened in 1893 with Frank Riley running a grocery store at this address. In 1902, George Saiger opened Saiger's Department Store and grocery on the first floor with two or three apartments located on the second floor. In 1928, Alex Colodny purchased the building, running the popular Colodny's Market and state's first "supermarket" for more than 50 years. In 1979, Burlington College purchased the building and opened its doors. In 2010, COTS purchased the property with a vision of creating a new type of community anchor -- one that provided services, support, and housing for people facing the crisis of homelessness.

In January 2016, COTS began extensive renovations of the historic structure, including a new addition constructed in the rear. As part of the project, done in partnership with Housing Vermont, a new permanent home for the Daystation was built on the first floor. Also, 14 affordable apartments were created on the second floor. Other updates included making COTS' program spaces for homelessness prevention, and family and adult services more accessible and far more energy-efficient. An elevator was added, too.

The renovation restored the historic portion of the building to its original 1893 look. During construction, part of the building's original tin ceiling was discovered under a drop ceiling. This was restored and is now visible in the COTS main floor waiting area. COTS and Housing Vermont hosted an official ribbon-cutting event in April 2017 with Congressman Peter Welch, Governor Phil Scott, Mayor Miro Weinberger, and many other supporters, partners, and community leaders. The project was made possible through public and private funding sources.



Saiger's Department Store (1902-1928)

Colodny's Supermarket (1928-1979)

April

FEATURED VOLUNTEER OPPORTUNITY:

Spring Cleaning Volunteers

In April, we start getting ready for the COTS Walk, and we need volunteers to help with the spring cleaning to brighten up our program spaces. There are many opportunities to help clean up our program spaces, including the COTS Waystation and our Main Street Family Shelter.

Volunteers can do a deep clean of the Main Street Family Shelter downstairs areas, plus help weed and clean out the surrounding flower beds and gardens.

Volunteers also can help clean the Waystation's welcome area, bunk rooms, and downstairs common room. We need groups of volunteers who are willing and ready to get their hands a little dirty!

Interested in helping out? Have additional questions? Send us an email at volunteer@cotsonline.org, or call (802) 864-7402, Ext. 207 for more information.



FEATURED RECIPE:

April

Interested in serving lunch at the Daystation this month? Check out the recipe below featuring **in-season produce like spinach and clementines**. Measurements have been adjusted to accommodate 50-60 people.

Spinach & Tangerine Salad with Chickpeas

INGREDIENTS:

- 40 cups baby spinach washed
- 60 green onion (about 10 bunches)
- 40 clementines/tangerines, peeled
- 10 cups chickpeas (about 5 cans)
- 10 cups dried cranberries (about 1 and 1/2 packages)
- 2 bottles balsamic vinaigrette dressing



DIRECTIONS:

1. Tear the washed spinach into bite-sized pieces.
2. Open and rinse chickpeas, and set aside.
3. Chop up green onions. and set aside.
4. Peel and section tangerines. Remove seeds, cut in half, and set aside.
5. Combine spinach, onions, chickpeas, tangerines, and cranberries in a large salad bowl.
6. Add dressing and toss until combined.

Serve immediately, and enjoy!

MAY

COTS Historic Dates:

First Sunday in May

The COTS Walk becomes annual community tradition, kicking off from Battery Park and following the path a person a person who is homeless might take to connect with services.

Volunteer Opportunities:

- COTS Walk Volunteers
- Spring Cleaning Volunteers
- Garden Volunteers

Burlington Weather (F):

- Avg. Temperature: 67.2 degrees
- Avg. Rainfall: 3.5 inches
- Avg. Daylight: 15 hours
- Avg. Sunlight: 8.1 hours

Urgent Donation Needs:

Shampoo, body wash, toiletries, razors, toothbrushes, toothpaste.

Holidays:

- May 5: Cinco de Mayo
- May 12: Mother's Day
- May 25: Memorial Day

Obscure Holidays:

- May 4: Star Wars Day
- May 16: Wear Purple for Peace Day
- May 19: Plant a Veggie Garden Day

Produce in Season:

Vegetables: Asparagus, broccoli, artichoke, carrot, peas, potato, parsley, turnip, celery, spinach.

Fruits: Cherry, strawberry, pear.

Historic Dates:

May 1

Observed as May Day, a holiday and festival celebrated since ancient times. Also observed as a workers holiday or Labor Day.

May 5, 1961

Alan Shepard becomes the first American in space. He piloted the Freedom 7 spacecraft during a 15-minute-and-28-second flight above Earth.

May 14, 1796

The smallpox vaccine is developed in rural England by physician Dr. Edward Jenner, who also coined the term, "vaccination."



Program Spotlight: **THE SMITH HOUSE**

30-32 North Winooski Avenue, Burlington

The Smith House is a two-story Greek Revival-style building built in 1899, and is home to both transitional and permanent housing programs. Thanks to the generosity of the First Methodist Church of Burlington, an addition to the rear part of the building was added before COTS acquired the building in 2002.

The Smith House provides seven single-resident occupancy units of transitional housing (or "step-up shelter") with shared kitchen/dining, living area, and two bathrooms. COTS transitional housing programs serve folks who are moving from shelter to permanent housing but may need time to build back their credit, and improve their rental history.

The Smith House also provides permanent housing through two one-bedroom apartments with kitchen and bath. A residential manager also lives on site. During their time at the Smith House, guests work with COTS Housing Navigators on long-term housing goals.





May Event

Annual COTS Walk

The COTS Walk is COTS' biggest event of the year and takes place annually on the first Sunday in May. About 2,000 walkers of all ages, from businesses, schools, social, and religious organizations, and neighborhoods come together from across the region to participate in the annual COTS Walk.

The COTS Walk has two purposes: To raise public awareness about homelessness in our community, and to raise money to support COTS shelters and services for Vermonters who are homeless or are at risk of losing their homes.

The Walk is a 3.5-mile trek (a shorter 1-mile route is available) around downtown Burlington that starts from Battery Park and follows the path a person experiencing homelessness might travel to connect with COTS shelter and services. This is the one day of the year COTS opens program spaces to the community so people can see how their support makes a difference.

Check-in begins at 1 p.m., and the Walk kicks off at 2 p.m at Battery Park. Walkers head down the Church Street Marketplace, up Main Street and into surrounding neighborhoods. Along the way, walkers are invited inside of COTS' numerous buildings. The Walk takes about 1-2 hours to complete, ending back at Battery Park where walkers are met with music and Ben & Jerry's ice cream.



PHOTOS BY STEPHEN MEASE

May

FEATURED VOLUNTEER OPPORTUNITY:

COTS Walk Volunteers

The COTS Walk is COTS' largest fundraising event each year, and we depend on the hard work of volunteers like you to make it happen. No matter your schedule, abilities, or interests, there is a volunteer opportunity for you. Here are some of the options:

Pre-Walk Day Opportunities:

Can't make it for Walk day but still want to help? We need volunteers to help give COTS facilities a spring cleaning. You also can spread the word by putting up posters, delivering Walk packets, and making posters to decorate the Walk route.

Setup & Cleanup:

For early risers, you can help mark the Walk route, set up tables and registration materials or blow up balloons. For those who like to help after the crowds have disappeared, we need strong arms to help with cleanup, too.

Crossing Guards:

We make sure to have crossing guards all along the Walk route. These trusted volunteers help ensure the safety and security of all the Walkers.

Help at Battery Park

From the kids' tent to registration, we have a large crew at Battery Park who do everything from overseeing the kids' tent (with face painting, crafts and other activities), to checking in walkers as they arrive.

Host Walkers at COTS Programs:

Volunteers help host walkers as they arrive at the various COTS programs.

These are just a sampling of volunteer opportunities at the COTS Walk. If you want to help, there are many, many more ways to volunteer.

Questions? Send us an email at volunteer@cotsonline.org, or call (802) 864-7402.



FEATURED RECIPE:

May

Interested in serving lunch at the Daystation this month? Check out the recipe below featuring **in-season produce like carrots, potatoes, and parsley**. Measurements adjusted to accommodate 50-60 people.

Chicken Potato Soup

INGREDIENTS:

- 1/4 cup olive oil
- 17 small yellow onions
- 1 cup garlic, minced
- 17 boneless skinless chicken breasts
- 17 large potatoes
- 10 carrots, chopped
- 17 celery stalks, chopped
- 3 gallons & 1 pint chicken broth
- 2 tablespoons & 2 teaspoons dried thyme
- 2 tablespoons & 2 teaspoons salt
- 1 tablespoon & 1 teaspoon pepper
- 2 cups fresh parsley, chopped



DIRECTIONS:

1. Heat the oil in a large pot over medium heat, add in the onions and garlic. Sauté for 3-4 minutes, until softened.
2. Place the chicken breasts on top of the onions. Add the sliced potatoes, carrots, celery, chicken broth, thyme, salt, and black pepper. Simmer on medium until the potatoes become very soft and thicken the broth, about 40 minutes.
3. Remove the chicken breasts from the pot. Use two forks to pull the meat apart so that it is shredded (or chop into cubes). Add the chicken back to the pot along with the fresh parsley. Stir to combine.
4. Serve and enjoy!

JUNE

Volunteer Opportunities:

Daystation Lunch Volunteers - We depend on volunteers like you to help provide a meal 365 days a year.

Family Shelter Playroom Volunteers

- Come play games, do arts & crafts, and spend time with children staying in our Family Shelter programs.

Burlington Weather (F):

- Avg. Temperature: 76.3 degrees
- Avg. Rainfall: 3.7 inches
- Avg. Daylight: 15 hours
- Avg. Sunlight: 9 hours

Urgent Donation Needs:

Sunscreen, bug wipes, flashlights, socks, shampoo, soap, body wash.

Holidays:

- June 6: D-Day
- June 14: Flag Day
- June 19: Juneteenth

Obscure Holidays:

- June 5: World Environment Day
- June 8: World Ocean Day
- June 17: Eat Your Vegetables Day

Produce in Season:

Vegetables: Garlic, asparagus, cucumber, onion, green bean, lettuce, celery zucchini.

Fruits: Apricot, black cherry, strawberry, melon, pear, plum, raspberry, nectarine.

Historic Dates:

June 12, 1929

Anne Frank is born in Frankfurt, Germany, and is one of the best-known victims of the Holocaust.

June 18, 2001

Executive Order 13217 is passed and requires federal agencies to evaluate policies and programs to determine if they can be revised to improve the availability of housing persons with disabilities.

June 25, 1938

The Fair Labor Standards Act is passed and establishes minimum wage, overtime pay, record keeping, and child labor standards. Today the federal minimum wage stands at \$7.25 and has remained unchanged since 2009.



Program Spotlight: FIREHOUSE FAMILY SHELTER

120 North Champlain Street, Burlington

COTS is able to shelter five families at a time at Firehouse Family Shelter in Burlington. COTS family shelters are the only family shelters available in Chittenden County, and both are open 24 hours a day, 365 days a year. Families can stay for up to six months while they work with COTS staff to find affordable housing, employment, childcare, and healthcare.

Children raised with housing instability are often at the greatest risk of experiencing homelessness themselves. With that in mind, we take a long-term approach to homelessness prevention with our children's programming in shelter. We aim to effectively intervene now to stabilize parents and children, help them build new skills, and stop homelessness from happening in the future.

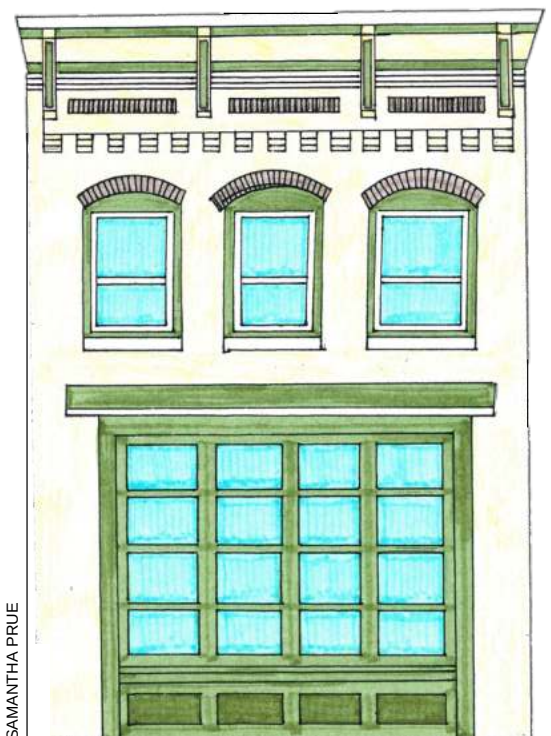
Homelessness is not just a financial crisis but also an early education issue. COTS has implemented additional support for children. This includes COTS' Children's Education Advocate who enrolls children in family shelter in quality early learning, preschools, after-school, and summer camp enrichment programs. These relationships arranged in shelter continue after families move into permanent housing.

We coordinate volunteer-based learning activities, including field trips, arts projects, and the COTS "book buddies" literacy initiative. We also work with the University of Vermont Early Education Enrichment program to provide academic support and partner with the Burlington School District on tutoring in shelter.

Firehouse Family Shelter has been serving families in the Old North End of Burlington for decades. The original firehouse was built in 1899 and had space for a hose cart, two horses, and six firefighters.

The structure was purchased and renovated by COTS in 1988 and became the first emergency shelter for families in the community. The original fire pole is still in the building, but is blocked off.

Learn more about COTS' Family Shelter programs by visiting cotsonline.org.



FEATURED RECIPE:

June

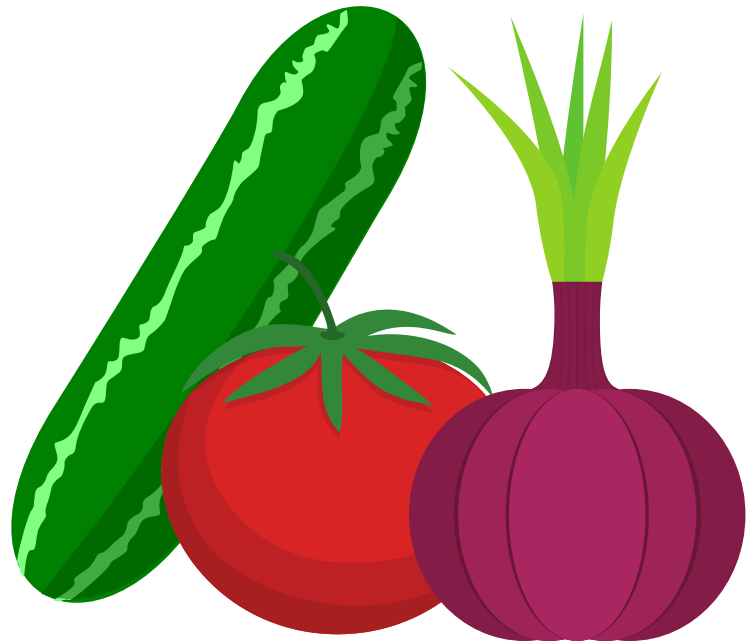
Interested in serving lunch at the Daystation this month? Check out the recipe below featuring **in-season produce like tomato, cucumber, and onion**. Measurements adjusted to accommodate 50-60 people.

Tortellini Pasta Salad

INGREDIENTS:

- 9 pounds cheese tortellini (about 9 packages)
- 9 cucumbers, sliced in quarters
- 9 shallots, diced
- 14 tomatoes sliced
- 14 cups cherry tomatoes, halved
- 9 fully cooked ham steaks, cubed
- 7 cups crumbled feta cheese
- 4 cups Italian dressing
- Salt & pepper, to taste

Optional add-ins: cooked sweet corn, avocado, red pepper flakes



DIRECTIONS:

1. Cook tortellini according to package directions. Drain and empty into large bowl.
2. Chop cucumbers, shallots, tomatoes, cherry tomatoes, and ham steak. Add to tortellini, and stir until combined.
3. Add feta cheese, and stir until combined. Toss with Italian dressing and salt and pepper. Stir until tortellini and vegetables are fully coated in dressing. Serve immediately, and enjoy.

JULY

COTS Historic Dates:

July 2008

For this first time since COTS' founding, shelters are operating overflow in the summer. The Financial Crisis of 2008 causes growing numbers of families experiencing homelessness turn to COTS for help.



Volunteer Opportunities:

- Daystation Lunch Volunteers
- Do Good Fest Volunteers
- Back to School Drive Kick-Off

Burlington Weather (F):

- Avg. Temperature: 80.9 degrees
- Avg. Rainfall: 4.2 inches
- Avg. Daylight: 15 hours
- Avg. Sunlight: 9.7 hours

Urgent Donation Needs:

Sunscreen, bug wipes, shampoo, conditioner, body wash, razors.

Holidays:

- July 4: Independence Day
- July 14: Bastille Day (France)

Obscure Holidays:

- July 7: Chocolate Day
- July 8: National Blueberry Day
- July 11: World Population Day
- July 21: National Ice Cream Day

Produce in Season:

Vegetables: Garlic, carrot, cucumber, onion, green bean, potato, eggplant, tomato, pepper, pea, rhubarb, radish.

Fruits: Apricot, black cherry, watermelon, fig, melon, pear, plum, peach, nectarine, raspberry.

Historic Dates:

July 2, 1964

Title VI is passed and prevents discrimination based on race by any programs receiving federal assistance.

July 22, 1987

The McKinney-Vento Act is passed, and remains the first and only major legislative response to homelessness. It has helped thousands of Americans regain stability through programs that assist with food, shelter, and education.

July 30, 1965

The Social Security Amendments are passed and create Medicare and Medicaid, which are accessible to poor families and the elderly.

July Event

#172vt Back-to-School Drive

In the spring of 2015 in response to the 172 homeless children in Chittenden County, COTS launched the #172vt campaign as a call to action to raise awareness of children facing homelessness. The community-driven #172vt Back-to-School Drive directly addresses the needs of the children in our community currently experiencing homelessness. You can help a child in need, beginning with just a pencil.

Donate items, starting in late July through late August, at participating Key Bank and Staples locations as well as COTS's administration building located at 95 North Avenue in Burlington. Each branch or store will have a collection bin dedicated to the drive. You can also check out our Back-to-School Amazon Wish List at cotsonline.org and have items shipped directly to COTS' main office in Burlington.

After the collection period, backpacks with school supplies will then be given to children in COTS shelter and services, as well as distributed through our community partners: Sara Holbrook Center, King Street Center, Burlington Boys & Girls Club, STEPS to End Domestic Violence, and Spectrum Youth & Family Services.

Be on the lookout for our Kick Off Event date with the Vermont Lake Monsters in early- to mid-July, along with official collection dates and details.



July

FEATURED VOLUNTEER OPPORTUNITIES:

Do Good Fest Volunteers

Each year, COTS is excited to join National Life Group for the annual Do Good Fest in Montpelier. COTS is proud to be part of the Nonprofit Village portion of the festival where we educate attendees about homelessness, and play fun games with festival-goers.

There are volunteer opportunities available to table at this event alongside COTS Staff. Come out for a day of food, music, and fun.

Keep an eye out for sign-ups via email in July.

#172vt Back-to-School Drive Kick-Off

At the end of July, we kick off our annual #172vt Back-to-School Drive. We distribute backpacks to children in COTS shelters and services, as well as local community organizations, including Spectrum Youth & Family Services, Sara Holbrook Community Center, King Street Center, STEPS to End Domestic Violence, and the Boys & Girls Club of Burlington.

We need your help to kick off this exciting event with the Vermont Lake Monsters. There are opportunities available at will-call to distribute tickets, and at the COTS tent to receive donations.

Questions? Email us at volunteer@cotsonline.org, or call (802) 864-7402.



FEATURED RECIPE:

July

Interested in serving lunch at the Daystation this month? Check out the recipe below featuring **in-season produce like tomato, basil, and corn**. Measurements have been adjusted to accommodate 50-60 people.

Tomato, Basil & Corn Pizza

INGREDIENTS:

- 8 pounds refrigerated pizza dough - *1 pound makes one 15-by-12-inch rectangular pizza*
- 1/2 cup plain yellow cornmeal
- 2 jars marinara sauce
- 10 large tomatoes, thinly sliced
- 18 ears of sweet corn, kernels removed
- 10 cups mozzarella cheese
- 18 garlic cloves
- 1 tablespoons + teaspoon black pepper
- 1 tablespoons + teaspoon kosher salt
- 2 + 1/2 cups fresh basil, torn
- 1/2 cup olive oil

Optional toppings: Red pepper flakes, balsamic glaze

DIRECTIONS:

1. Place a rectangular pizza stone in the oven, and preheat to 500°F. (Do not remove the pizza stone while the oven preheats.)
2. Place the dough in a microwave-safe bowl. Cover with plastic wrap, and microwave on HIGH for 30 seconds, until the dough is slightly warmed. Place the dough on a lightly floured surface, and roll out into a 15-by-12-inch rectangle. Sprinkle cornmeal on a large piece of parchment paper; place the dough rectangle on the cornmeal. Let stand 5 minutes.
3. Place the parchment and dough on a flat baking sheet. Bake at 500°F for 3 minutes. Spread marinara sauce on the crust. Top evenly with tomato, corn, cheese, and garlic. Sprinkle with salt and black pepper. Gently slide the pizza onto the preheated pizza stone. Bake at 500°F for 12 minutes or until crust is browned and edges are crispy. Sprinkle basil and crushed red pepper evenly over top; drizzle with oil and balsamic glaze. Cut into 6 slices.



AUGUST

COTS Events:

#172vt Back-to-School Drive

This month, COTS officially kicks off our annual back to school drive and begins collecting backpacks and school supplies for children receiving services, and those staying in shelter.

Volunteer Opportunities:

- Daystation Lunch Volunteers
- Back-to-School Drive organizing

Burlington Weather (F):

- Avg. Temperature: 79 degrees
- Avg. Rainfall: 3.9 inches
- Avg. Daylight: 14 hours
- Avg. Sunlight: 8.3 hours

Urgent Donation Needs:

Backpacks, school supplies: notebooks, pens, pencils, scissors, crayons, markers.

Holidays:

- Aug 4: U.S. Coast Guard Day
- Aug 6: Hiroshima Day
- Aug 16: Bennington Battle Day

Obscure Holidays:

- Aug 8: Happiness Happens Day
- Aug 16: Tell a Joke Day
- Aug 26: Dog Appreciation Day
- Aug 31: Eat Outside Day

Produce in Season:

Vegetables: Asparagus, cucumber, onion, green bean, mushroom, lettuce, potato, corn, tomato, pepper, pea.

Fruits: Apricot, cherry, watermelon, blueberry, blackberry, raspberry.

Historic Dates:

August 14, 1935

The Social Security Act is passed and establishes a system of benefits for workers later in life.

August 18, 1920

The 19th Amendment of the U.S. Constitution is ratified and grants American women the right to vote.

August 22, 1974

The Housing and Community Development Act is passed and establishes the Section 8 Housing certificate program. The Section 8 voucher program increases affordable housing choices for low-income families.



Program Spotlight: **THE DAYSTATION**

95 North Avenue, Burlington

The COTS Daystation is located at 95 North Avenue in Burlington. This daytime center for single adults who are homeless is open 365 days a year from 9 a.m. to 5 p.m. It offers a refuge from the streets and access to an array of services.

This is where individuals can meet with COTS staff and connect with local resources, receive mail and telephone calls, and find support toward their goal of self-sufficiency. Daystation staff provide support, assistance and referrals, as well as educational and recreational opportunities whenever possible. The Daystation also offers free showers and laundry facilities.

In addition, the Daystation provides a free noontime meal each day thanks to the hard work and help of volunteers in our community. Interested in helping out? We are always in need of volunteers to provide this critical service. You can learn more and sign up via our online calendar at cotsonline.org.



FEATURED RECIPE:

August

Interested in serving lunch at the Daystation this month? Check out the recipe below featuring **in-season produce like corn**. Measurements have been adjusted to accommodate 50-60 people.

Sweet Corn & Black Bean Quesadillas

INGREDIENTS:

- 1/2 cup olive oil
- 2 medium yellow onions, finely chopped
- 2 bunches green onions, chopped
- 10 cans black beans
- 25 ears fresh sweet corn, cut off the cob (or substitute with canned corn, about 10 cans)
- 3/4 cup brown sugar
- 3 cups salsa
- 100 8-inch flour tortillas
- 18 cups shredded Monterey Jack cheese
- 1 pound butter



Optional toppings: guacamole, sour cream, salsa, hot sauce.

DIRECTIONS:

1. Heat oil in a large saucepan over medium heat. Stir in onion, and cook until softened, about 2 minutes. Stir in beans and corn, then add sugar, and salsa. Cook until heated through, about 3 minutes.
2. Melt 2 teaspoons of the butter in a large skillet over medium heat. Place a tortilla in the skillet, sprinkle evenly with cheese, then top with some of the bean mixture. Place another tortilla on top, cook until golden, then flip and cook on the other side. Melt more butter as needed, and repeat with remaining tortillas and filling.
3. Garnish with chopped green onions, and your choice of toppings.

SEPTEMBER

Volunteer Opportunities:

- Daystation Lunch Volunteers
- Family Shelter Playroom Volunteers

Back-to-School Drive Sorting - Help us sort, count, and organize school supplies for our Back-to-School Drive before we stuff backpacks for the children staying shelter.

Burlington Weather (F):

- Avg. Temperature: 70.4 degrees
- Avg. Rainfall: 3.6 inches
- Avg. Daylight: 12 hours
- Avg. Sunlight: 6.7 hours

Urgent Donation Needs:

Backpacks, school supplies, warm socks, blankets, sheets, pillows.

Holidays:

- First Monday in September: Labor Day
- Sept 21: International Peace Day

Obscure Holidays:

- Sept 6: Read a Book Day
- Sept 13: Positive Thinking Day
- Sept 21: World Gratitude Day

Produce in Season:

Vegetables: Cauliflower, cabbage, cucumber, mushroom, eggplant, tomato, shallot, zucchini.

Fruits: Watermelon, apple, melon, blueberry, peach, nectarine, grape.

Historic Dates:

September 1, 1937

The Housing Act of 1937 is passed and provides subsidies in order to improve living conditions for low incomes families.

September 9, 1965

The U.S. Department of Housing and Urban Development (HUD) is created to develop and execute policies on housing and cities.

September 29, 1977

The Food Stamp Act of 1977 is passed and establishes uniform national standards for eligibility, and expands the program to minority communities.



Program Spotlight: **THE WILSON**

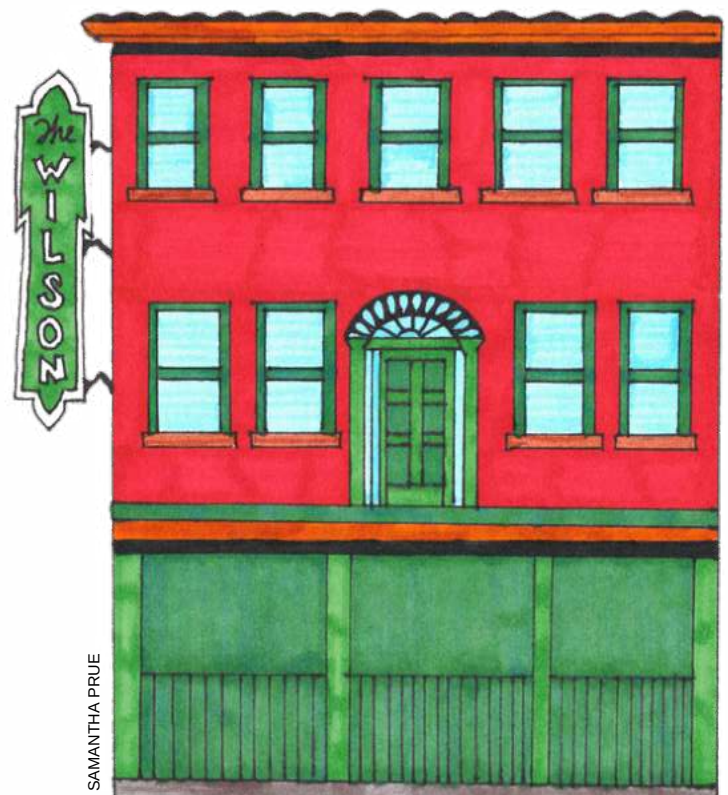
186 Church Street, Burlington

The Wilson was built in 1815 and was originally home to the Mills brothers, who were politically active printing and publishing tycoons. Later, the building became The Wilson Hotel, and was a Burlington landmark for a number of years. COTS purchased the site in 1984 and preserved the original building, including the original Wilson neon sign, which is visible on the exterior.

Today The Wilson provides 22 single-room occupancy (SRO) units for people who are living independently. Kitchen space and bathrooms are shared among residents; a residential manager lives on site.

Have you ever walked past The Wilson on Church Street and seen the front door above the porch? This was the original door.

When the street level was lowered in the 1800s, the original basement became the first floor, with a new basement constructed below. This explains the unusual appearance of the former hotel, with the original main entrance leading out onto the front porch roof.



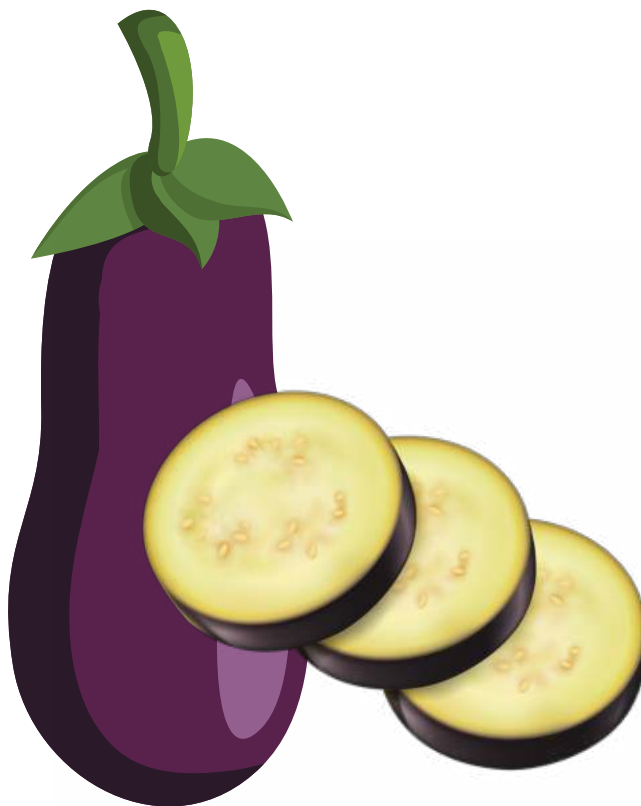
Interested in serving lunch at the Daystation this month? Check out the recipe below featuring **in-season produce like eggplant**. Measurements have been adjusted to accommodate 50-60 people.

Baked Eggplant Parmesan

INGREDIENTS:

- 25 eggplants, sliced 1/4" thick
- 25 eggs beaten
- 8 (8-ounce) box Italian seasoned panko bread crumbs
- 8 (26-ounce) jars marinara sauce
- 16 cups shredded mozzarella cheese
- 4 cups grated Parmesan cheese
- 2 cups chopped fresh basil
- Cooking spray
- Salt

Optional: Serve with a pasta, such as spaghetti, angel hair, or fettuccine.



DIRECTIONS:

1. Sprinkle salt on both sides of each slice of eggplant. Layer the slices in a colander and place the colander in your sink. Place a heavy dish or pan over the top to press them down. Allow to sweat for 30 to 45 minutes. Rinse well with cold water to remove salt and blot dry with paper towels (*you may wish to complete this step ahead of time before coming to volunteer*).

2. Preheat oven to 400 degrees. Spray a rimmed baking sheet generously with cooking spray. Dip eggplant slices in egg, then in bread crumbs, pressing crumbs down with fingers if needed to cover evenly. Place in a single layer on oiled baking sheet and lightly spray tops of breaded eggplant with cooking spray. Bake in preheated oven for 10 minutes, then carefully flip each slice, and cook an additional 5 to 10 minutes, until nicely browned. Remove from oven, and reduce oven temperature to 350 degrees.

3. In a 9-by-13-inch baking dish, spread just enough marinara to cover bottom of dish. Place a layer of eggplant slices in the sauce. Cover each slice with a spoon full of marinara, sprinkle with mozzarella and Parmesan cheese. Repeat with one more layer. Pour any leftover marinara and around edges of eggplant slices and top with any cheese that is left. Sprinkle basil on top. Bake, uncovered, in preheated oven for 30 minutes.

OCTOBER

COTS Events:

COTS Annual Meeting - Join us as we celebrate the past year at COTS, and honor our volunteers and supporters.

Volunteer Opportunities:

Phonathon Volunteers - Join us as a volunteer caller or in the mail room for the annual Phonathon in November/December where we call past COTS supporters ask them to consider a gift again this year.

Burlington Weather (F):

- Avg. Temperature: 57.2 degrees
- Avg. Rainfall: 3.6 inches
- Avg. Snowfall: 0.3 inches
- Avg. Daylight: 11 hours
- Avg. Sunlight: 5.1 hours

Urgent Donation Needs:

Sheets, blankets, pillows, warm hats, gloves, socks, winter gear.



Holidays:

- October: Domestic Violence Awareness Month
- Oct 31: Halloween

Obscure Holidays:

- Oct 5: Do Something Nice Day
- Oct 5: World Teachers' Day

Produce in Season:

Vegetables: Cauliflower, onion, mushroom, lettuce, potato, celery, spinach, pumpkin.

Fruits: Apple, pomegranate, plum, pineapple, banana.

Historic Dates:

October 1, 1908

Henry Ford's Model T car goes on sale for the first time.

October 1, 2008

In order to combat stigma, the federal food stamp program becomes the Supplemental Nutrition Assistance Program (SNAP).

October 14, 1964

The Rev. Dr. Martin Luther King Jr. becomes the youngest recipient of the Nobel Peace Prize.

October 21, 1998

The Quality Housing and Work Responsibility Act is passed and creates public housing reform with the goal of reducing poverty in public housing, and supporting families making the transition from welfare to work.



October Event

Annual Meeting & Volunteer Appreciation Breakfast

The COTS Annual Meeting and Volunteer Appreciation Breakfast is a celebration of COTS over the course of the past year. We take this special time to honor all of our volunteers, supporters, and community members who are committed to ending homelessness here in Vermont. We also recognize special volunteers, businesses, and organizations for their incredible contributions throughout the year, and look forward to the year ahead. The COTS Annual Meeting is a great way for past and present COTS supporters to come together and celebrate their work.

Each October, we come together to enjoy breakfast featuring an array of yogurts, juices, coffees and teas, as well as donated bagels, pastries, and cookies from some of our amazing local businesses and partners. We always look forward to taking the time to honor our amazing community.

Please join us, and be on the look out for additional information in early October of each year.



Program Spotlight: ST. JOHN'S HALL

184 Elmwood Avenue, Burlington

Built in 1895, St. John's Hall was originally a social club and bingo hall. In 1988, COTS' then Executive Director, Sr. Lucille Bonvouloir, proposed purchasing and remodeling the run-down building.

In 1990, renovations began, transforming the space into permanent housing for low-incoming and formerly homeless individuals. In 1991, COTS welcomed the first residents of St. John's Hall. In 1992, COTS received the Maxwell Award for Excellence from the Fannie Mae Foundation for developing St. John's Hall.

St. John's Hall has 22 single-resident occupancy (SRO) rooms and four one-bedroom apartments with kitchens and baths. Common space on the second floor includes shared kitchen, bathrooms, laundry, and living and dining areas. A COTS resident manager also lives on site to provide support for residents.



Interested in serving lunch at the Daystation this month? Check out the recipe below featuring **in-season produce like carrots, peas, and herbs**. Measurements have been adjusted to accommodate 50-60 people.

Homestyle Chicken & Biscuits

INGREDIENTS:

1 cups + 9 tablespoons unsalted butter - about 5 sticks
6 + 1/4 cups diced carrots
6 shallots, diced
1 cup + 9 tablespoons flour
1 tablespoon + 2 teaspoons dried oregano
1 tablespoon + 2 teaspoons dried rosemary
1 tablespoons + 2 teaspoons dried basil
2 teaspoons dried thyme
1.5 teaspoons marjoram
4 tablespoons + 0.5 teaspoons kosher salt
1 tablespoon black pepper
1 gallon + 1 pint + 3/4 cup chicken broth
12 pounds + 8 ounces boneless skinless chicken breast
1 quart + 1 pint + 1/4 cup whole milk
6 + 1/4 cups frozen peas
7 packages of Pillsbury Grands biscuit dough (about 56 biscuits)



DIRECTIONS:

1. Bake biscuits according to package instructions.
2. Melt butter in 4-quart braising pan or 12-inch oven safe skillet over MED-HIGH heat. Add carrots and shallot. Cook until the shallot is softened, 2-3 minutes, stirring occasionally.
3. Sprinkle the flour, rosemary, oregano, basil, thyme, marjoram, sage, salt and pepper over the vegetables and stir to coat completely. Cook for 1 minute to cook out the floury taste.
4. Add the chicken stock, chicken pieces, milk and peas to the pan. Bring to a boil, then reduce heat to simmer. Cover the pan, and cook 5 minutes.
5. You also can melt create a biscuit butter by melting your remaining butter and combining it with your remaining salt and dried parsley. Top each portion with a biscuit. Serve immediately, and enjoy!

NOVEMBER

COTS Historic Dates:

Fall 1982

The story of COTS begins when a group of concerned community members and organizations come together to address the needs of the growing homeless population in Burlington. By this time, volunteers are preparing for the upcoming winter.

November 9, 2002

COTS welcomes its first household to the Main Street Family Shelter, which was acquired and renovated earlier that year.

Volunteer Opportunities:

Holiday Meal Volunteers - Sign up to provide a holiday meal at Family Shelter or the Daystation.

Phonathon Volunteers - Join us as a volunteer caller or in the mailroom for the annual Phonathon in November/December where we call past COTS supporters and ask them to consider a gift again this year.

Urgent Donation Needs:

Warm socks, toiletries, blankets, sheets, pillows, hats, gloves.

Holidays:

- Nov 11: Veterans Day
- Fourth Thursday: Thanksgiving
- First Tuesday after the First Monday: Election Day

Obscure Holidays:

- Nov 13: Caregiver Appreciation Day
- Nov 13: World Kindness Day
- Nov 17: World Peace Day

Burlington Weather (F):

- Avg. Temperature: 45.5 degrees
- Avg. Snowfall: 5.1
- Avg. Rainfall: 3.1 inches
- Avg. Daylight: 10 hours
- Avg. Sunlight: 3 hours

Produce in Season:

Vegetables: Cauliflower, onion, beans, mushrooms, potato, leek, spinach, pumpkin.

Fruits: Pineapple, banana, apple, pomegranate, fig, plum, grape.



November

FEATURED VOLUNTEER OPPORTUNITY:

COTS Phonathon

The COTS Phonathon is a fun and engaging event for all ages. Each late November/early December, volunteers call COTS supporters to thank them for their past donations and ask them to consider a gift again this holiday season.

Not keen on calling but still want to help? We have additional volunteer opportunities in our mailroom where we send out personalized letters to our supporters.

An orientation and training is provided for all volunteers each night. Plus, enjoy dinner on us thanks to the generosity of some of your favorite local restaurants. A variety of snacks also will be available throughout the night.

Each year, we depend on the hard work of more than 350 volunteers to raise more than \$200,000 for critical shelter and support services. Look for volunteer information in late October of each year.



Interested in serving lunch at the Daystation this month? Check out the recipe below featuring **in-season produce like pumpkin**. Measurements have been adjusted to accommodate 50-60 people.

Homemade Pumpkin Bread

INGREDIENTS:

- 8 + 3/4 cups all purpose flour
- 7 + 1/2 cups sugar
- 2 + 1/2 cups vegetable oil
- 10 eggs, lightly beaten
- 2 15-ounce cans + 1 cup pumpkin puree
- 1 tablespoon + 2 teaspoons salt
- 2.5 teaspoons baking powder
- 2.5 teaspoons ground nutmeg
- 2.5 teaspoons ground allspice
- 2.5 teaspoons ground cinnamon
- 1 + 1/4 teaspoons ground cloves
- 1 + 1/2 cups water

Yield: Makes about 5 loaves



DIRECTIONS:

1. *Preheat oven to 350 degrees F. Spray loaf pans with non-stick spray, or use butter and flour.*
2. *Whisk together the sugar and oil in a large bowl until well combined. Whisk in the eggs and pumpkin until combined.*
3. *Combine the flour, salt, baking soda, nutmeg, allspice, cinnamon and cloves in a medium bowl and whisk until well combined. Add half the dry ingredients to the pumpkin mixture and stir to combine. Add half the dry ingredients to the pumpkin mixture and stir to combine. Add half the water and stir to combine. Repeat with the remaining flour and water.*
4. *Divide the batter between the prepared loaf pans. Bake until cake tester comes out clean and the loaves are golden brown, about 1 hour. Let the loaves cool in the pans on a wire rack for 10 minutes. Remove from the pans and let cool completely, about 1 hour.*

DECEMBER

COTS Historic Dates:

December 24, 1982

COTS first opens its doors at the Sara Holbrook Community Center, offering overnight shelter for adults without homes. In COTS' first six months, volunteers help provide shelter for 94 people.

December 31, 2010

COTS purchases the 95 North Avenue building. Today, this location is home to the Housing Resource Center, administrative offices, and the Daystation.

COTS Events:

COTS Phonathon- Join us join us as a volunteer caller or in the mailroom for the annual Phonathon where we call past COTS supporters and ask them to consider a gift again this year.

Volunteer Opportunities:

Daystation Lunch & Holiday Meal

Volunteers - Volunteer to provide a holiday meal in shelter, or serve lunch at the Daystation.

Urgent Donation Needs:

Sheets, blankets, pillows, warm hats, gloves, socks, winter gear.

Holidays:

- Dec 1: World AIDS Awareness Day
- Dec 25: Christmas Day
- Dec 26: Kwanza
- Dec 31: New Year's Eve

Obscure Holidays:

- Dec 10: Human Rights Day
- Dec 17: Maple Syrup Day

Burlington Weather (F):

- Avg. Temperature: 33.2 degrees
- Avg. Snowfall: 17.9 inches
- Avg. Rainfall: 2.4 inches
- Avg. Daylight: 9 hours
- Avg. Sunlight: 3 hours

Historic Dates:

December 6, 1865

The 13th Amendment of the U.S. Constitution is ratified and abolishes slavery.

Produce in Season:

Vegetables: Broccoli, carrot, Brussels sprout, turnip, radish, celery, spinach, pumpkin.

Fruits: Kiwi, orange, lemon, apple, grapefruit, nuts (walnuts, almonds, hazelnuts).



Program Spotlight: **THE WAYSTATION**

187 Church Street, Burlington

The story of COTS begins on Christmas Eve of 1982 when we first opened our doors in the evening at the Sara Holbrook Community Center. During the first winter, COTS served about 90 individuals.

After realizing that homelessness was a growing issue in Burlington, COTS purchased the Waystation in 1983. This is a 36-bed shelter for men and women, age 18 and older, who have no other place to sleep at night except for the streets.

Individuals are expected to save 70% of their income while staying in COTS shelter. Located on lower Church Street in downtown Burlington since 1983, the shelter is open 6:15 p.m. to 8 a.m., 365 days a year.

Although shelter demand typically slows in warmer months, the Waystation has often operated at full capacity since the summer of 2008.



December

FEATURED VOLUNTEER OPPORTUNITY:

Holiday Meals

If you're looking for something to do to help COTS during the holiday season, we are always in need of groups to prepare, cook, and deliver holiday meals to our program spaces at the Daystation, Family Shelters, and Canal Street Veterans Housing. Email us at volunteer@cotsonline.org for more information.

Holiday Toys

While COTS does not participate in an "adopt a family" program, we are always in need of new toys, games, and books for children in shelter during the holiday season. For more information on donating toys to COTS email us at info@cotsonline.org.

Create a Donation Drive

COTS is always in need of new items such as toiletries, towels, sheets, pillows, blankets, socks, hats & gloves, and much more. Consider putting together a donation drive this holiday season and collect items from our wish list. For more information, visit cotsonline.org.



FEATURED RECIPE:

December

Interested in serving lunch at the Daystation this month? Check out the recipe below featuring **in-season produce like broccoli**. Measurements have been adjusted to accommodate 50-60 people.

Broccoli Cheddar Soup

INGREDIENTS:

- 2 cups butter (about 4 sticks or 1 pound)
- 6 yellow onion, chopped
- 25 garlic cloves, minced
- 2 cups flour
- 12 cups (3 quarts) + 1/2 cup low-sodium chicken broth
- 1 gallon + 2 & 1/2 cups milk
- 1 tablespoon + 1 & 3/4 teaspoons salt
- 1 tablespoon black pepper
- 2 tablespoons + 1/4 teaspoon chicken or vegetable bouillon powder
- 2 tablespoon + 1/4 teaspoon mustard powder
- 2 tablespoons + 1/4 teaspoon garlic powder
- 6 pounds + 4 ounces broccoli florets
- 13 large carrots, shredded
- 12 + 1/2 cups low fat cheddar cheese



DIRECTIONS:

Melt the butter in a large pot or Dutch oven over medium heat. Fry the onion until fragrant (about 2 minutes). Add in the garlic and cook for a further minute. Whisk in the flour and cook for a few minutes or until golden brown.

Reduce heat to medium-low and slowly pour in the chicken stock and half-and-half, stirring well to combine and dissolve the flour into the liquid. Season with salt and pepper, stock powder, mustard powder and garlic powder. Give it a good mix, and allow to cook and thicken for about 5 minutes, while stirring occasionally.

Add in the broccoli and carrots and gently simmer for another 20 minutes, until broccoli is completely tender. Mix in cheese and stir until just combined. Taste test and add in extra salt and/or pepper, if desired.

Created by Samantha Prue, COTS AmeriCorps, 2018-2019
Edited by Becky Holt, COTS Development & Communications Director



THE COMMITTEE ON
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PO Box 1616
Burlington VT 05402

(802) 864-7402

cotsonline.org