

Yummy Food

S50) Chocolate Sin Cake, Triple Chocolate Cheesecake, or 30 Miniature Truffle Brownies

Donated by Nancy Mattei

Choose one of two award-winning cakes-either the Chocolate Sin Cake or the Triple Chocolate Cheesecake, each serving 16-20. If those choices seem just not quite right, you can choose the 30 Miniature Truffle Brownies (bourbon optional) with a chocolate ganache, topped with a single almond or dark chocolate-covered espresso bean, that melt in your mouth.

Minimum Bid: \$35

S51) Specialty Homemade Soups (for up to four winning bidders)

Donated by Barbara Bates

Hearty Specialty Soups from Barbara Bates: Top 4 bidders select their choice of one container of soup (8 cups each) per winning bid from the soups below (they are consistent hits with all who taste them). Pick up your soups from Barbara in Newton Centre.

Curried Red Lentil, Chickpea and Kale (Vegan) Soup contains: Red lentils, chickpeas, kale, light coconut milk, onions, carrots, celery, olive oil (salt, pepper, curry powder, garam masala, yellow mustard seeds, coriander, fresh ginger, cayenne). Wonderful hot or cold. Best garnished with toasted slivered almonds and dark raisins (a sweet apple chopped can be substituted for the raisins, but curry needs the sweet fruit)

Red Bell Pepper and Sweet Potato Soup (Vegan) Soup contains: Red bell pepper, sweet potatoes, onion, water, wine, salt, and pepper. Wonderful hot or cold. *Add beans or lentil pasta or tofu for added protein.*

Red Lentil with North African Spices Soup (contains chicken stock & butter) Soup contains: Red lentils, onion, garlic, chicken stock, tomato paste, lemon juice, cilantro, butter, coriander, cumin, ginger, cinnamon, dried mint, paprika, cayenne, salt, and pepper.

Pasta and Lentil, Sicilian Style (contains gluten and pork) Soup contains: Lentils, onion, celery, carrot, garlic, pancetta, parsley, tomatoes, broken spaghetti, water, olive oil, red pepper flakes, salt, and pepper.

Minimum Bids start at \$30.00 per container. Please indicate how many containers you are bidding on.

S52) Personalized plant-based eating “jump start” consultation of up to 3 hours for up to 3 Winning Bidders

Donated by John Dundon and Julia Huston

Could include a review of your existing pantry, shopping for healthy plant-based foods and ingredients, customizing your favorite recipes, and/or cooking together. You choose! We will supply up to five plant-based ingredients/substitutes that you would like to try, such as egg replacer, vegan cheese, meat substitutes, non-dairy milks, ancient grains, and nutritional yeast.

Minimum Bid: \$30

S53) Learn How to Make Baklava for Three Winning Bidders

Donated by Demie Stathoplos

Demie will teach you how to make Baklava at her home. You will take home the recipe and your share of the Baklava. .

Date: TBD

Minimum bid: \$35

S54) Learn How to Make Yaprakia for Three Winning Bidders

Donated by Demie Stathoplos

Demie will teach you how to make Yaprakia (stuffed cabbage leaves with rice, ground lamb, beef and or pork, with an egg lemon sauce) at her home. You will eat the creation.

Minimum bid: \$35

S55) Learn to Make Yummy Veggie Soup for Three Winning Bidders

Donated by Sandra Teare

We will make soup together for about two hours. Your choice: carrot, lentil, cauliflower, split pea

Minimum Bid: \$25

S56) Blue Ribbon Barbeque Gift Certificate

Donated by: Marylou McArdle

A \$50 gift certificate for great food at Blue Ribbon right across the street from FUUSN.

Minimum Bid: \$25

For Your Body and Soul

S57) Two Gentle Insert or Non-Insertive Acupuncture Treatments at The Japanese Acupuncture Center for the Two Highest Bidders

Donated by Martin Feldman

Martin has been practicing and teaching acupuncture for 40 years. His gentle Japanese 1 on 1 treatments have been effective for internal and musculoskeletal problems, as well as all sorts of pain and inflammation. His hands on skills were learned from studying with blind Japanese acupuncture masters.

Martin loves what he does and is still amazed by how much it works. He is experienced helping people age 3 months to 98+ years. Recently he has been helping people with all kinds of post Covid problems.

Go to Thejapaneseacupuncturecenter.com. Text or call 617-926-4076

New patients only. Must be used by May 31.

Minimum Bid:

S58) Two Pediatric Gentle No Insertion Acupuncture Treatments at the Japanese Acupuncture Center

Donated by Martin Feldman

Martin has decades of experience using very gentle Japanese techniques treating children from 3 months to teenagers. And Kids actually enjoy it! Among other things, he has been successful treating kids with asthma, ear infections, insomnia, G.I. and skin problems, and general crankiness. Often, helping a child resolve problems early, improves the rest of their life. More information may be found at Toyohari.org. Also Shoni shin (Japanese pediatric acupuncture) Go to

Thejapaneseacupuncturecenter.com Text or call 617-926-4076

New patients only. Must be used by May 31

Minimum Bid:

S59) Private Yoga Session

Donated by Helaine Golann

If you've been thinking about trying yoga, but not sure it's for you; returning to yoga after a break or interested in deepening a practice you already have or tailoring it more specifically to your needs, you might want to bid on a personalized individual or family group class with Helaine Golann, a professional

level Kripalu yoga teacher. Helaine can teach to a wide variety of needs, including restorative practices, chair yoga, or other areas of interest. Yoga has myriad benefits including increasing strength and flexibility, relieving stress by calming the body and mind, promoting deeper more restful sleep, and helping support a healthier immune system. You choose the focus for yourself and are welcome to have it in your own home or Helaine's home.

Minimum bid: \$150

S60) Gentle Conditioning-Pilates Group Class (No limit on number of attendees)

Donated by Helena Froehlich

We invite you to enjoy a gentle conditioning class based on Pilates and Yoga. We will start with a Qi-Gong style warm-up to let the energy circulate through the body, and then we will continue on the mat with gentle movements and postures, strengthening and stretching your body with awareness and deep breathing.

At the beginning of class, please mention if you have any areas you need to be careful with, so we can provide modifications.

Helena Froehlich is a professional dancer. Since 2005 she directs FUUSN's CreationDance and is a faculty member of the Boston Ballet School. She teaches ballet, modern and Conditioning/Pilates. She worked in Europe and the USA. She studied many forms for dance, Pilates, Tai Chi, Acupressure, Reiki, EMF Balancing Technique and Yoga with the Isha Foundation, Isha.Sadhguru.org.

Wear comfortable clothing; please bring a yoga mat, and a Pillow. If you do not have a yoga mat no worries there will be some available.

Date: Saturday March 4th from 11am to 12 pm, at Helena's house in Newtonville

Set Bid:

Music

S61) 45 Minute Guitar Lessons (for up to 6 lessons, maximum of 2 lessons per bidder)

Donated by Chris Welles

Chris, guitarist and singer for Outrageous Fortune, offers you a lesson whether you are a beginner or advanced guitar student. He can tailor the lesson to your musical goals and preferences for folk, acoustic blues, pop or jazz. It's fun! His students range in age from 9 to 60. Chris has a BA in music and is an alumnus of Berklee College of Music.

Value: \$60

Minimum bid: \$35 per lesson – bid price is for each individual lesson

S62) Let's Dance! for Four Winners

Donated by Ron Margolin

Ron will provide lessons in west coast swing for beginners or advanced beginners. Each of 4 winners will receive 4 hour long lessons. Lessons will be for one pair at a time (one leader and one follower or 2 interested in both leading and following) or one individual in our home dance studio. West coast swing is a slower swing dance which allows for greater individuality and improvisation. Check it out on You Tube. I've been dancing it for 15 years and have studied with several nationally known instructors. I can get you to a point where you'll be comfortable dancing at area dances in the large and friendly Boston area west coast swing community."

Minimum Bid: \$60 per set of four lessons

Getting Your Act Together

S63) Initial Life-Coaching Consultation

Donated by Laurette Fine-Genest

Laurette is a Registered Nurse and Life Skills Coach for kids, teens and adults with Asperger's Syndrome (ASD, PDD-NOS) AD/HD and Nonverbal Learning Disabilities. She teaches social skills, executive function, nutrition, exercise, self-care, job skills and helps all her clients reach their potential by bringing out their strengths.

Estimated Value: \$250

Minimum Bid: \$100

S64) Up to Three Hours of Home Organizing for Two Winning Bidders

Donated by Emily Gelbert

Do you have closets, drawers, rooms, files or piles you'd like professional help getting under control? I would love to be that help.

Estimated Value: \$100

Minimum Bid: \$60

Other Superb Services

S65) Four hours of tailoring/mending/sewing

Donated by Barbara Schmitt

Four hours of mending/light tailoring (fixing rips, hemming, most zipper replacements, taking garments in, etc. - I can even add pockets to many garments!) and/or home decorating sewing (pillow covers, simple curtains, table runners, lap blankets, etc.). Winner provides materials though Barbara is happy to consult.

Estimated Value: \$100

Minimum Bid: \$40 for 4 hours

S66) Quilt Repair

Donated by Kit Ryan

Do you have a quilt which needs repair? Piecing or applique techniques may be used, per discussion with the quilt owner.

Estimated Value: \$300

Minimum Biud: \$75

S67) Two Hours of Genealogy Research

Donated by Bob Ellertsen

Are you curious about your family's past? Bob can help you begin to satisfy that curiosity and get you started on assembling information about your family's genealogy that will enlighten you and your relatives. Invest in a gift you and your kids will treasure forever. Bob will be available beginning in April.

Minimum Bid: \$50

S68) \$150 in Jewelry repairs

Donated by Valerie Milller

Get those rings sized, chains fixed, beads restrung or convert those difficult clasps to easy magnetic clasps. Bring me your old and I will make them good as new!

Minimum Bid: \$75

S69) Shine Three Pairs of Mens Shoes

Donated by Emily Gelbert

Get three pairs of shoes spit shined, including pick up and delivery, by Emily, who has 32 years of experience as a professional boot black.

Estimated Value: \$100

Minimun Bid: \$60

S70) Round Trip to Logan Airport (for up to 2 winning bidders)

Donated by Pat Rohan

A guaranteed quiet ride in a late model Kia with heated seats in the winter and cooled seats in the summer so you will always be comfortable. Pat will even tell you how much you will be missed until you return.

Estimated Value: \$90

Minimum Bid: \$40

S71) Round Trip to Logan Airport (for up to 2 winning bidders)

Donated by Connie and John Adkins

Connie and/or John will take you to the airport and pick you up when you return. They are offering this service to the two highest bidders.

Estimated Value: \$90

Minimum Bid: \$40

S72) Four hours of Math Tutoring

Donated by Josh Cohen

Josh will offer you or your student of Algebra 1, Algebra 2, Trigonometry, Pre-Calculus (through Math 603 in Newton South catalog) four hours of tutoring.

Dates: Must be scheduled between April and the end of the school year sometime in June.

Minimum Bid: \$100

S73) \$200 Gift Certificate to Famili Photography

Donated by Jeannie Chaisson and Bob Persons

A local family operated photography studio located in Auburndale. Please refer to the price list. Must be used by December 31, 2023.

Minimum Bid: \$100

S74) Water Color Cards in Packs of Twenty

Donated by MaryBeth Maisal

Beautiful water color cards created by professional artist Mary Beth Maisel. Sold in packs of twenty cards for \$35 per pack. A real bargain for these quality all occasion cards.

Set Price: \$35 per pack of twenty cards

Tender Loving Care

S75) An Evening of Childcare (for up to 2 winning bidders)

Donated by Pat and Jacki Rohan

Experienced Grandpa and Grandma will double team loving care of your wee ones. Two sets of eyes, ears and hands can handle just about anything. Pat and Jacki will provide care to the two highest bidders.

Minimum bid: \$25

S76) Mobile Lice Removal Service

*Donated by: **Nice Lice Lady of Newton – Emily Gelbert***

This is basically an insurance policy if your family is in an infectious spirit. I am the holistic choice. Tear free comb outs, and 30 day guarantee. Stop the madness. Call me before you start washing all the bed linens and stowing Lovies away for a month.

Special instructions: Gift certificate should be used all at once. However, the families can be in contact with me and send photos and we can figure out if there actually is a lice issue before I come out so they don't use it in vain.

Estimated value: \$535

Minimum Bid : \$185

S77) Kids and Social Justice – Start with a Story

Donated by Lauren Lipcon Dale, M.Ed

Would you like to engage more fully in social justice conversations with the important children in your life? Not quite sure how to get started or how to take it to the next level? *Picture books are a great way to enter into conversations with kids* about different kinds of families, gender, skin color, and (explicit talk about) race! This auction item includes a 30-minute (phone or zoom) consult with educator and parent Lauren Dale. Winner of this auction item will also receive a copy of Dr. Ibram X. Kendi's [How to Raise an Anti-Racist](#) and 3 diverse picture books. Lauren has worked in elementary education with a social justice focus for almost 2 decades. She currently works with [Story Starters](#) - a Newton-based nonprofit that teaches parents and educators how to use children's books to talk to kids about race, racism, and anti-racism. She is happy to consult on how to use

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books to jumpstart social justice conversations and/or how to answer children's questions about these topics. Give her your kids' (or grandkids'!) toughest questions and she'll help you trouble-shoot how to respond!

Minimum Bid: